

WESTFORD COUNCIL ON AGING NEWSLETTER JULY-AUGUST 2021

OUR MISSION: The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

20 Pleasant St., Westford, MA 978 - 692 - 5523 www.westfordma.gov/coa

<https://www.facebook.com/CameronSeniorCenter/>

<https://www.youtube.com/channel/UCaNgAZb3tw8EYYQ5bEe7XXg>

RESTAURANT REVIEW RETURNS!

Meet your friends at a local restaurant once a month! Be sure to mark your calendars for our next outings on **Wednesday, July 28, 11:30am at Atlantic Sea Grill, 77 Great Rd, Acton** and **Wednesday, August 25 at 11:30am at Salt & Light Café Bistro, 159 Main St., Groton**. Please pre-register at 978-692-5523 so we can ensure adequate seating at the restaurant. When you arrive, please check in under "Westford Senior Center". If you need a ride, please book the van with Chuck as soon as possible. 978-692-5523.



MOVIE NIGHT IS BACK

Tuesdays July 13 and August 10 at 4:30pm

For the summer we will be offering two feel-good movies. On **July 13** we will be showing *Mrs. Doubtfire* starring Robin Williams and on **August 10** we will watch the new *Barb & Star Go to Vista Del Mar*. \$4.00 for the movie, popcorn, refreshments and light meal. Please call to sign up at least 3 days prior at 978-692-5523.



BOOK CLUB

Tuesdays July 20 and August 17 at 1:00pm

Join us for great discussions the third Tuesday of each month. Our July read is The Summer Girls by Mary Alice Monroe. The August book will be selected soon. You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-2326



COME & GET YOUR HOTDOGS!

Thursdays, July 22 & August 26 from 4:45pm – 6:00pm; BINGO at 7:00pm

Thursday night BINGO partially returns for the summer! Chef Mike is ready to whip up his famous dogs for you. A hot dog, chips, drink and dessert setup for \$3.00. Simply pay at the front desk when you arrive. BiNGO follows at 7:00. Bingo will also be on July 8 and August 12 at 7:00 with no food prior.



EBI's SUMMER BBQ COOKOUT IS BACK

Friday, July 9 at 12:00pm at the Franco Pavilion

You will enjoy freshly grilled BBQ chicken and/or beef accompanied by rice, grilled tomato, dessert, beverages and some tunes performed by Micky Lorden. A special thanks to Ebi and Desiree Masalehdan for sponsoring this free event. Please RSVP at 978-692-5523.

REPRESENTATIVE ARCIERO ANNUAL COOKOUT

Wednesday, August 11 at 12:00pm

Representative Jim Arciero will again be hosting his well-received cookout at the Cameron WITH State Senator Ed Kennedy. This is a great opportunity to meet and share concerns with him! Please RSVP to 978-692-5523.

KIWANIS COOKOUT

Tuesday, August 31 at 6 pm

The Kiwanis will again be hosting an evening cookout at the Cameron. Reservations are a must so please call 978-692-5523.

MIDDLESEX SHERIFF DEPARTMENT IS BRINGING PIZZA, ICE CREAM AND A GOOD TIME

Tuesday, July 20 at 12pm

Come to the Cameron for a fun relaxing afternoon with a retired sheriff from the Middlesex Sherriff Department. Enjoy some salad, pizza, and ice cream then play some prize Bingo! Sign up at 978-692-5523.

WEEKLY BINGO

Mondays 1pm

Join us inside at the Cameron for some BINGO Fun! \$1 for a colored dobber which you get to keep. \$3 per paper BINGO sheet that has 3 BINGO boards. Sign up at 978-692-5523.

Directors Report ...

Nominal class fees introduced July 1st and
SPECIAL Deal on purchase of Cameron Buck\$ Card

For many years, the Cameron benefitted from generous funding awarded through the Cummings Foundation, but that grant ended last year. Although we reapplied in partnership with the Friends of the Cameron, in May we learned our funding request was not approved.



Simultaneously, due to COVID-19, the Town has been impacted by a reduction in projected revenues which has slightly impacted each department's budget. To help absorb some of our lost revenues I have looked at what other Councils on Aging have done to help fund their exercise and other program offerings.

Starting July 1st, we will begin to charge exercise participants for eight-week sessions based on the number of classes taken each session. The number of classes one takes will determine the cost of participation. Once an eight-week session concludes participants will again be offered an opportunity to register/pay for requested class(es). If one decides to participate in a class(es) once the eight-week session has started, we will charge a \$3 fee per class at time of registration. Payment is expected at time of registration.

Fee Schedule for Fitness Classes: (One session is eight weeks)

1 session for eight-weeks:	\$24
2 sessions for eight-weeks:	\$30
3 sessions for eight-weeks:	\$45
4 + sessions for eight weeks:	\$60

*Non-Westford residents class fee is \$5 per visit/participation. Please pay at the front desk when you arrive.

** Some classes, such as Well-Being Fitness, Circuit Training, Qui Gong, and others are not included in this Fee Schedule for Exercise Classes. They have a different fee arrangement with instructor but require payment.

Cameron Buck\$ card(s) (\$50 value) are available If you are Westford resident and have a financial hardship. We just ask that you please speak with a social service team member: Alison Christopher, Town Social Worker- 978-399-2325 or Annette Cerullo, Outreach Coordinator- 978-399-2326.

We are excited to welcome everyone back and remind you that Cameron Buck\$ card are for sale to ALL WESTFORD RESIDENTS. For the months of July/August this \$50 value card can be purchased for \$35. Don't forget - you get one \$5 Free punch with purchase of card. Please note Cameron Buck\$ cards are good for all Cameron programs, classes, and special events, but NOT for use in Trudy's Boutique. We are excited to have you back and as always, my door is open,

Jennifer



Dick Severyn gets a little help from his friends! Members of the United Methodist Church of Westford helped seniors with Spring yard cleanup.



Helena "Mickey" Crocker received an award in appreciation for over 50 years of service to the seniors of Westford. We are indeed fortunate to have Mickey in our community!

A BIG thank you to our friends at Westford Cable Access Television (W-CAT) for keeping us connected! All programs air on Comcast Channel 8 and Verizon Channel 35.

Any program on Westford CAT will also be posted on our Website and our Facebook Page.

Fitness Classes with Carol Wing will air as follows:

Monday - Yoga 9am, Tuesday and Thursday— Chair 9am, Wednesday and Friday— Zumba 9am

TAI CHI—Mondays at 1pm Eight Weeks starting Monday, July 12

Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$24 for the session, and non- Westford Residents is \$5 per class. Sign up at 978-692-5523.

PING PONG - Mondays from 12pm to 3pm and Fridays from 9:30am—12:30pm

Inside at the Cameron. New and advanced players make up this dedicated group of players. It is a great way to be with other vibrant active adults and get some exercise. Please RSVP by calling the center 978-692-5523 so we know how many tables to set up.



BONE BUILDERS—Mondays and Wednesdays from 9:30-10:30am, Tuesdays and Thursdays from 1pm—2pm

To register please call the Cameron at 978-692-5523. Class space is limited, and an application must be completed (with doctor's approval) to join the class. If you have any questions, please call Maureen Thibodeau at 978-692-7634.

MINDFUL MOVEMENT FOR HEALTH PRESERVATION— Tuesdays at 9am Eight weeks starting July 6

Instructor: Dave Crocker from Cultivating Qi based in Westford, MA

Regular movement of all parts of the mind and body are needed to maintain and improve our health & well-being. Mindful movement is a mind-body activity done with in-the-moment awareness of what you are doing, and its benefits include: reduced stress, greater relaxation and improved quality-of-life. You will learn a series of meditative movements that enhance your body's natural ability to heal itself. The slow, gentle movements and deep, abdominal breathing while maintaining an internal focus bring about a wonderful calmness to your being, a strengthening of your immune system and newfound physical-mental-spiritual balance. Class size is limited so register early at 978-692-5523. Cost for Westford Residents is \$24 per session, and cost for Non- Westford Residents is \$5.00 per class. Sign up at 978-692-5523.

TUESDAY GOLF AT QUAIL RIDGE GOLF CLUB, 354 GREAT RD, ACTON MA—Tuesdays beginning at 7:30am

Through October Cost: \$20 walking, \$30 with cart. Call Quail Ridge at [\(978\) 264-0399](tel:9782640399) for your tee time and for information about cart use under COVID-19 guidelines. Make sure you say you're with the Westford Group to get this special price.



CHAIR MOVEMENT CLASS WITH CAROL WING—Tuesdays and Thursdays at 10:10am Eight Weeks starting Tuesday, July 6

To register call 978-692-5523 Cost for Westford residents is \$24 for each session, and non- Westford Residents is \$5 per class. Sign up at 978-692-5523.

WELL-BEING GROUP CONDITIONING—Tuesdays & Thursdays at 10am Eight weeks starting Tuesday, July 6

Held at the Well-Being Fitness Gym at Cornerstone Plaza. A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Tap into a host of health benefits from a full-body workout around a cardio format while increasing strength and stamina. Burn, strengthen, and engage! Class size is limited. Please call to sign up at 978-692-5523. Class fee: Westford Residents- \$50 and non-Westford Residents-\$65

ZUMBA—Tuesdays and Thursdays at 9:15am Eight Weeks starting Tuesday, July 6

Join Carol Wing for a Zumba Class at the Cameron. Cost for Westford residents is \$24 for each session, and non- Westford Residents is \$5 per class. Sign up at 978-692-5523.



GENTLE YOGA—Thursdays at 9am for 4 weeks beginning

Join Jo Crawford for a Yoga class at the Cameron. Cost for Westford residents is \$3 per class, and non- Westford Residents is \$5 per class. Sign up at 978-692-5523

SOCIAL SERVICES AND OUTREACH NEWS

CAREGIVER MOVIE SERIES AT CAMERON Join Annette and Alison the last Wednesday of the month from 1-4PM to watch a movie about the caregiver role in various circumstances and health conditions. After the movie, we will host a brief discussion of the movie's themes and participant impressions and experiences. We plan to host this series for 6 months and we will try to choose a variety of situations to explore through cinematic art! Here are the next two movies in the series: Call 978-692-5523 to sign up.

July 28th-The Diving Bell and the Butterfly (2007)

Caring for a patient who has had a stroke

The film drama is a real-life account of Jean-Dominique Bauby and his indomitable spirit after a massive stroke left him paralyzed with locked-in syndrome. Unable to speak, the former French "Elle" magazine editor-in-chief composes his "The Diving Bell and the Butterfly" book with the painstaking aid of his speech and language therapist reading a list of letters and Bauby blinking his left eyelid to spell out words. The biographical movie illustrates how Bauby's children, his girlfriend, and his former wife all come together to undergird him through his unthinkable hardship. It shows that caregiving does take a village.

August 25th-Life Itself (2014)

Caring for a person with cancer

Pulitzer Prize-winning film critic Roger Ebert is one of history's most commendable social commentators and an inspiring model of a life well-lived. Although his head and neck malignancy robbed Ebert of his commanding speech, the famed historian and author never lost his voice in influencing his diverse audience. Based on Ebert's bestselling memoir "Life Itself," the documentary portrays how to combat cancer with help from a network of family and friends.

HOUSING FINANCIAL ASSISTANCE-The government has expanded financial assistance for folks who have rental or mortgage arrears or are facing eviction, loss of utilities, or other housing emergencies. All of these programs can be applied for through ONE APPLICATION on the Community Teamwork website, by calling them at 978-654-5607, or emailing CovidResponseCTI@commteam.org. We also have our Town Covid-19 Relief fund for individuals/families facing financial challenges related to Covid-19 illness, job loss, or increased expenses. For questions about any housing-related assistance, call Alison at 978-399-2325.

T.R.E.A.D. Applications are available at the Senior Center now and are **DUE BY AUGUST 30th**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee will meet to determine awards in December 2021 and awards will be applied to the first tax bill in 2022. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325 or Annette Cerullo at 978-399-2326.

NCOA Partnering with Lyft for rides to vaccines

NCOA is partnering with Lyft to provide access to transportation to older adults who need a ride to get their COVID-19 vaccine. Lyft has provided ride codes with a value of up to \$25 each to travel to and from COVID-19 vaccination appointments for both the first and second doses. This effort is part of Lyft's **Universal Vaccine Access campaign**, which is mobilizing a coalition of partners to provide access to rides to and from vaccination sites across the country. **How to use the NCOA-Lyft vaccine ride codes**

The Lyft promo codes we're offering can be used for a roundtrip ride for each dose of the COVID vaccine. Each code below covers up to \$50 per round trip (\$25 to the vaccine appointment, and \$25 back home). **There are no location restrictions, and the vaccine ride codes are valid through December 31, 2021.**

Dose 1 Code (to and from their appointment): **SENIORVAX1**

Dose 2 Code (to and from their appointment): **SENIORVAX2**

Learn more about how to set up an account and request a ride:

<https://www.ncoa.org/article/ncoa-and-lyft-help-older-adults-get-rides-to-their-covid-19-vaccine>.

All older adults who use the Lyft codes will be required to follow Lyft's Health Safety policies, which include staying home if they are sick, wearing a mask, keeping the car and their hands clean, sitting in the back seat, and keeping the car windows open when possible.

SEEKING HANDYPERSON VOLUNTEERS

Our senior residents on fixed incomes occasionally look to us for help with small/odd jobs. Requests that come in are varied but include: installing window air conditioners, changing faucets, repairing computers, rewiring lamps, moving furniture, trimming hedges and more. You select which jobs you are comfortable helping with. If you are looking for meaningful ways to help our senior residents please consider this role. To discuss this further please call Annette at 978-399-2326.

OUTREACH

It has been wonderful hearing laughter and chatter in the building again! We are thrilled folks are coming back to play ping pong, exercise, shop at Trudy's and more. We are also excited to be bringing back some night programs this summer, and hopefully more in the fall. Remember, Alison and I in the Social Services Department are here to help you address any kind of needs: physical, financial, social and more. No question is silly. Just give us a call or come and visit us. 978-692-5523.

**ORGANIC VEGETABLE DISTRIBUTION – Every Thursday 1:00pm at 65 Tadmuck Rd**

We are excited to continue our relationship with Gaining Grounds of Concord, who once again are offering their organic produce weekly to all Westford residents who meet income guidelines (Fuel assistance criteria). To participate one must sign an income attestation on the day of produce pick up. Please bring your own pen for sanitary purposes. This distribution will be held at the Westford Housing Authority at 65 Tadmuck Road in the community center parking lot. People are encouraged to wait in their cars or apartments, rather than in groups or in the community center hallway. Because this program is so desirable, people often arrive early. We will pass out disposable numbers starting at 1:00. The freshly picked and packaged vegetables will be pre-bagged and distributed at 1:30. Any questions call Annette at 978-399-2326.

**NEW PROPERTY TAX EXEMPTION PASSED – What's next?**

Now that this new property tax exemption passed, folks have asked me what the next steps are. The Assessor's Office will create a new application, and this should be available in the fall along with the other town exemption applications. This proposed means-tested exemption is intended to help seniors who have low income and assets pay no more than 10% of their income to property taxes. The exemption for each applicant is capped at 50% of total property tax bill. Criteria to apply will include: applicants must be residents of Westford who are 65 years of age or older, occupy the property as their primary residence, have lived in town for at least 10 years and meet income limits. Applicants must have also applied for and received the state Circuit Breaker Tax Credit to be eligible. The Westford Board of Assessors will administer the program as it does for other real estate tax abatement programs under Chapter 59 of the general laws of the Commonwealth. Any questions feel free to call Annette, Outreach Coordinator at 978-399-2326 or the Assessor's Office at 978-692-5504.

LET'S CONNECT—IPADS & LAPTOPS

We have received donations of laptops and Ipads and are happy to distribute them to those in need. Feel free to make a request to Bob or Annette at 978-692-5523.

REDUCED COMCAST INTERNET RATE

If you are eligible for Mass Health, SNAP, SSI or Housing Assistance, you may qualify for high speed internet at the affordable rate of \$9.95/month through Comcast's program Internet Essentials at www.internetessentials.com. You can not be a current customer of Xfinity or Comcast in the last 90 days. Any questions you may call Annette or Alison at 978-692-5523.

WHOLE FOODS DISTRIBUTION

Mondays at 2:00pm and Thursdays at 2:00pm

Open to all residents 55+. New participants must register by calling Fran Kosenko at 978-692-0095.

KEYSAFE LOCK BOXES

This program with the Fire Dept. has been a huge success with over 50 lock boxes installed at seniors homes. If you live alone, have medical issues or frequently need to call 911, you are a candidate for a key safe lock box. The heavy-duty metal box is installed on the outside of your home and it has a keypad with a code to access a key inside the box. The fire department, your neighbors, and family can have the code to prevent damaging your home to enter in an emergency. For more information call Annette at 978-399-2326.

CHECK YOUR ELECTRIC RATES - Do you pay more than \$0.10793/kw?

If you ever signed up with another electric company, you may be paying much more than you need to. If the supplier listed on your National Grid bill is not "Constellation", you are not in the town's aggregate program which offers this low rate. I can help you get into the town program or you can go to this site: <https://masscea.com/westford>. If you want to opt out of your current supplier, be sure you won't be breaking a contract (and have to pay a fee) before you enroll in the town program. Any questions call Annette at 978-399-2326.

BROADBAND INTERNET BENEFIT

On May 12, the Federal Communications Commission (FCC) will launch its new Emergency Broadband Benefit (EBB) program to help families and households who are struggling to afford internet service during the pandemic. The program offers two types of discounts to help low-income households connect to the internet and applies to new, prior, and existing customers of participating vendors.

Eligible households will be able to enroll in the Program to receive a monthly discount off the cost of broadband service from an approved internet service provider. The EBB includes a one-time discount on a connected device if purchased through their internet provider. Eligibility also expands to students who received a Federal Pell Grant during the current award year.

Be sure to watch the PSA below produced as a public service by our Public Education Government (PEG) channel colleagues at the **Plymouth Area Community Television** to find out if your household is eligible!



https://www.youtube.com/watch?v=g_ytnkt5k7Y&t=66s

And, find more details below to stay up to date:

<https://www.fcc.gov/broadbandbenefit>

<https://getemergencybroadband.org/how-to-apply/>

FILES OF LIFE

Health has been our primary concern over the past year! With that in mind, please make it a point to fill out a **File of Life** magnetized card that goes on your fridge. If EMTs go to your home, they will look for this file that has your pertinent information on it, including emergency contacts, Doctor's name, hospital preference, medications, and allergies. If you would like a File of Life, call Annette at 978-399-2326.

TRANSPORTATION

The Westford Council on Aging Transportation Services are for Seniors 55 or older, and the disabled.

The transportation office can be reached at 978-399-2322 or by calling the Cameron Senior Center at 978-692-5523 and asking for transportation. Medical appointments are our priority although our accessible vans can take you anywhere within our service area, including for local errands.

Our transportation program also transports disabled individuals of any age who have completed the application process through the LRTA. If you have any trouble with this application process, please call us for assistance at 978-399-2322. Our drivers are CPR and first aid trained. Some have been trained in defensive driving, passenger assistance, disability awareness, assisting those with dementia, driving while distracted and advanced defensive driving. We appreciate as much notice as possible so please make sure to call at least 48 hours in advance. For same day changes if the transportation office cannot be reached at 978-399-2322 please call the Cameron Senior Center at 978-692-5523 and speak to the front desk.

Round Trip Service Areas and Donation Fees:

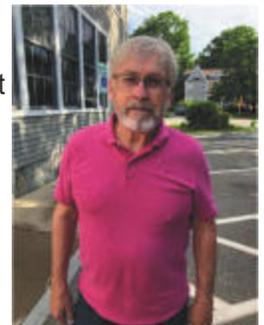
Westford: \$3; Acton, Carlisle, Chelmsford, Groton and Littleton: \$6; Ayer, Concord and Lowell: \$8

General Transportation Hours:

Monday through Friday: 8:00 AM - 4:00 PM, with our last ride being at 3:30 PM. Evening transportation is provided for Cameron Senior Center sponsored events. Town meeting transportation is available. When leaving a message please be sure to leave your name, phone number, date, time and location of your appointment. We will call you back with any questions and to schedule your ride.

DRIVER OF THE MONTH—Bob Benoit

Bob has been driving with us for over 3 years. He is a retired Westford firefighter who served our town for almost 30 years. At present, he not only takes wonderful care of our clients, he is also a trainer for EMT, first aid and CPR certification. He has been married to his wife Sue for almost 50 years and has lived in Westford since 1983. When he does relax, he spends time at his home in Maine and loves exploring the beaches in Maine, New Hampshire and Massachusetts.



BASIC WATERCOLOR PAINTING WITH PAULA MINGOLELLI**Thursdays for six weeks beginning August 5, 10am -noon**

This teacher demonstration class will give students the opportunity to work along with the instructor from start to finish on all paintings. Students will work on developing their drawing skills, composition, layering, glazing and more. Paula will provide one on one guidance during each session. This class does require a basic knowledge of working in watercolor. Class is limited. A second class will be considered if there is a significant wait list. Cost: \$90 *Please request watercolor supply list once you pay for the class.

ASK THE REALTOR**With Kathy Cunningham of Coldwell Banker, Westford****Mondays, July 12 and August 9 at 10am**

To speak with local realtor Kathy Cunningham about your personal real estate questions, call 978-692-5523 to schedule an appointment.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?**SHINE (Serving Health Insurance Needs of Everyone) CAN HELP!****Mondays, July 12 and August 9 by appointment**

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. You may benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs. Due to the current COVID-19 pandemic, SHINE counselors are meeting by phone. To schedule a SHINE appointment or for more information call the Cameron at 978-692-5523.

PODIATRIST**Friday, August 20 8:00am**

Dr. Bryant Tarr, DPM, from Westford Podiatry will be here from 8am to 11am (or later if necessary). No appointment needed—this will be a first-come, first-served basis. \$35 cash to Dr. Tarr. Please sign in when you arrive. Call the Center if you have any questions.

BIRTHDAY LUNCH CELEBRATIONS**Tuesday, July 27 12 pm at Kimball's Farm in Westford****Tuesday, August 24 12:30 pm at Karma in Westford**

Birthday celebrants will get a \$15 gift card towards their meal and others who sign up in advance will get a \$5.00 gift card towards lunch. Come see your friends and celebrate together. Must sign up at 978-692-5523. *This program is being subsidized by a grant through Elder Services of Merrimack Valley.*

**LOOKING FOR A PART-TIME JOB?**

The Town of Westford is seeking two (2) part-time van drivers to provide transportation services to the elderly and disabled in town.

Candidates must have a valid driver's license, clean driving record, and pass a pre-employment drug screening (and random screenings after that). Must be able to assist people getting on and off the van. Knowledge of area streets and facilities a plus. Must be courteous, patient, and friendly when serving riders, and maintain confidentiality. Van driver training is provided. This is a non-union position. Pay rate is \$16 per hour. Interested candidates should call Chuck at 978-399-2322.

SEPTEMBER ~ Celebrating National Senior Center Month! - Mark your calendars!**LIVE THEATER SHOW – “BON APPETIT, JULIA”,****Friday, September 17 at 1 PM.**

Delvena Theatre Company will be back with us this year for another live performance. This show is a sequel to Delvena's ever-popular *Meet Julia Child!* show. Set in the 1980's, the show will focus on insight into the beloved chef, Julia Child's life at that time. There will be audience participation and an original *The Way to Cook* program. Julia will be demonstrating her culinary skills, with real ingredients, and encouraging help from the audience. Julia being Julia! An interactive, fun show! The cast will be open for discussion regarding Julia Child, after the show. As always, we will have a celebration with root beer floats following the show. A fun time for all! **Please call 978-692-5523 to sign up for this FREE show.**

This program is supported in part by a grant from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



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Westford COA, Westford, MA

06-5200

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 2021			1 1:00 Gaining Grounds 1:00 Bone Builders 1:30 Watercolors 2:00 Whole Foods	2 9:00 Food Pantry 9:30 Ping Pong
5 Center Closed	6 7:30 Golf 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 1:00 Bone Builders	7 9:30 Bone Builders 6:00 Food Pantry	8 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Well-Being Fitness 10:10 Chair Movement 1:00 Gaining Grounds 1:00 Bone Builders 2:00 Whole Foods 7:00 BINGO	9 9:00 Food Pantry 12:00 EBI's BBQ 9:30 Ping Pong
12 9:30 Bone Builders 10:00 Ask the Realtor 12:00 Ping Pong 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 2:00 Whole Foods	13 7:30 Golf 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 1:00 Bone Builders 4:30 Movie Night	14 9:30 Bone Builders 6:00 Food Pantry	15 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Well-Being Fitness 10:10 Chair Movement 1:00 Gaining Grounds 1:00 Bone Builders 2:00 Whole Foods	16 9:00 Food Pantry 9:30 Ping Pong
19 9:30 Bone Builders 12:00 Ping Pong 1:00 BINGO 1:00 Tai Chi 2:00 Whole Foods	20 7:30 Golf 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 12:00 Pizza with Sheriff 1:00 Bone Builders 1:00 Book Club	21 9:30 Bone Builders 6:00 Food Pantry	22 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Well-Being Fitness 10:10 Chair Movement 1:00 Gaining Grounds 1:00 Bone Builders 2:00 Whole Foods 4:30 Hot Dog Dinner 7:00 BINGO	23 9:00 Food Pantry 9:30 Ping Pong
26 9:30 Bone Builders 12:00 Ping Pong 1:00 BINGO 1:00 Tai Chi 2:00 Whole Foods	27 7:30 Golf 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 12:00 Birthday Lunch 1:00 Bone Builders	28 9:30 Bone Builders 11:30 Restaurant Review 1:00 Caregiver Movie 6:00 Food Pantry	29 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Well-Being Fitness 10:10 Chair Movement 1:00 Gaining Grounds 1:00 Bone Builders 2:00 Whole Foods	30 9:00 Food Pantry 9:30 Ping Pong



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Bone Builders 12:00 Ping Pong 1:00 BINGO 1:00 Tai Chi 2:00 Whole Foods	3 7:30 Golf 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 1:00 Bone Builders	4 9:30 Bone Builders 6:00 Food Pantry	5 9:15 ZUMBA 10:00 Watercolor Class 10:00 Well-Being Fitness 10:10 Chair Movement 1:00 Bone Builders 1:00 Gaining Grounds 2:00 Whole Foods	6 9:00 Food Pantry 9:30 Ping Pong
9 9:30 Bone Builders 10:00 Ask the Realtor 12:00 Ping Pong 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 2:00 Whole Foods	10 7:30 Golf 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 1:00 Bone Builders 4:30 Movie Night	11 9:30 Bone Builders 12:00 Rep Arciero BBQ 6:00 Food Pantry	12 9:15 ZUMBA 10:00 Watercolor Class 10:00 Well-Being Fitness 10:10 Chair Movement 1:00 Bone Builders 1:00 Gaining Grounds 2:00 Whole Foods 7:00 BINGO	13 9:00 Food Pantry 9:30 Ping Pong
16 9:30 Bone Builders 12:00 Ping Pong 1:00 BINGO 1:00 Tai Chi 2:00 Whole Foods	17 7:30 Golf 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 1:00 Bone Builders 1:00 Book Club	18 9:30 Bone Builders 6:00 Food Pantry	19 9:15 ZUMBA 10:00 Watercolor Class 10:00 Well-Being Fitness 10:10 Chair Movement 1:00 Bone Builders 1:00 Gaining Grounds 2:00 Whole Foods	20 8:00 Podiatrist 9:00 Food Pantry 9:30 Ping Pong
23 9:30 Bone Builders 12:00 Ping Pong 1:00 BINGO 1:00 Tai Chi 2:00 Whole Foods	24 7:30 Golf 9:00 Mindful Movement 9:15 ZUMBA 10:00 Well Being Fitness 10:10 Chair Movement 12:00 Birthday Lunch 1:00 Bone Builders	25 9:30 Bone Builders 11:30 Restaurant Review 1:00 Caregiver Movie 6:00 Food Pantry	26 9:15 ZUMBA 10:00 Watercolor Class 10:00 Well-Being Fitness 10:10 Chair Movement 1:00 Gaining Grounds 1:00 Bone Builders 2:00 Whole Foods 4:30 Hot Dog Dinner 7:00 BINGO	27 9:00 Food Pantry 9:30 Ping Pong
30 9:30 Bone Builders 12:00 Ping Pong 1:00 BINGO 1:00 Tai Chi 2:00 Whole Foods	31 7:30 Golf 1:00 Bone Builders 6:00 Kiwanis Cookout			<h1>August 2021</h1>



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- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at facebook.com/CameronSeniorCenter/

Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information
lynnmroderick@aol.com

Hours

Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers.

JULY FOOD PANTRY HOURS:

- **Wednesdays: July 7, 14, 21, 28** from 6:00 - 8:00 p.m.
- **Fridays: July 2, 9, 16, 23, 30** from 9:00 - 11:00 a.m.

AUGUST FOOD PANTRY HOURS:

- **Wednesdays: August 4, 11, 18, 25** from 6:00 - 8:00 p.m.
- **Fridays: August 6, 13, 20, 27** from 9:00 - 11:00 a.m.

www.westfordfoodpantry.org

BOARD MEETINGS

COA Board-July 21 and August 18
Friends of Cameron—July 22 and August 19

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Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Charles Dutton, Transportation Dispatch
Christopher Mitchell, Maintenance Supervisor
John Wilson, Maintenance
Katherine Russell, Senior Assistant
Martha Brockway, Senior Assistant
Robert Rafferty, Night Supervisor
Edna MacNeil, Front Desk

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