

# AT THE CAMERON



**The Cameron is proud to be the home of the Northeast Division Champions of the Massachusetts Senior Pool League.**

Pictured below are team championship members Mike Priest, Joe Reppucci, Tim Butler, Jerry Moscariello, Peter Cina and Tony Ruvido

## Director's Report ...

There are so many things to celebrate and be thankful for! Just a few are listed below. Happy Summer!

-Jennifer



### ONLINE REGISTRATION

We have some exciting news! Starting in July, you will be able to register and pay for programs online! We will use the online registration and payment system through My Active Center, which works in conjunction with My Senior Center. In order to use the online features, you must have a valid MySeniorCenter swipe card. We will be posting a step-by-step tutorial on our website and Facebook page. If you would like a copy of this tutorial, send Katie an email at [krussell@westfordma.gov](mailto:krussell@westfordma.gov). Please call 978.692.5523 to set up a one-on-one appointment with Katie or a student volunteer. They will sit with you and help you every step of the way. **If you're not sure if your swipe card is valid, contact Katie. If you do not have a valid swipe card, you can ask for an application at the front desk.**

**Jack the Wiz Kid, a rising senior at Westford Academy, will be offering basic technology classes on Thursdays July 6, July 20 and August 3 and August 17 from 5pm to 6:30pm. Call 978.692.5523 to register.**



**Strawberry Shortcake with Hal Schreiber in Appreciation and Congratulations for recent accolades from Internal Revenue Service with a special Certificate of Appreciation.**

*Tuesday, September 19 at 1:30PM*

Join COA staff in the Cameron lobby for this celebration and opportunity to thank Hal Schreiber for his dedication to providing our Tax Assistance Program for the past thirty years.



### **Special Cookbook Donated to the Cameron Library and Ready for Check-Out**

Thanks to a donation from Patti Mason, our library now has a copy of the WESTFORD KITCHENS, PAST AND PRESENT cookbook. This cookbook was authored by the Roudenbush Community Center and the Cameron Senior Center, and was published in 2003. You will find many recipes submitted by residents of the town, and members of this Center! There are also interesting short historical highlights about Westford found in this book. You can find this cookbook featured on the mantle above the fireplace.

### **GAY 90's Celebration**

We had a beautiful 34<sup>th</sup> Annual Gay Nineties at the Westford Regency, celebrating thirty-four residents ages 90 and over. A special thank you to our sponsors: **Friends of the Cameron Senior Center, Nancy and Chet Cook, Westford Florist, Nashoba Valley Technical High School and Westford Rotary.** Special guests included *Anita Tonakarn-Nguyen, District Director, Office of State Representative G. James Arciero, Kristen Las, Westford Town Manager, Eric Heideman, Assistant Town Manager, Denise Pigeon, Nashoba Valley Technical High School Superintendent, Patricia Blackstock, Nashoba Valley Technical High School.* **A special thank you to Claire France, COA Records Supervisor who orchestrated such a lovely and memorable event.**

## Health and Wellness Offerings

### Fitness Classes

A special thanks to the Friends of the Cameron for helping to subsidize our fitness classes

Drop-ins are not allowed for most classes. Please check with Katie for clarification if needed. If you sign up for a class, you must pay for the full session.

#### GUIDED MEDITATION WITH BRITTANY

**Monday, July 10 and Monday, August 14 at 11am**

Join Brittany Nash, Community Health and Wellness Coordinator at the Westford Health Department for a 45min guided meditation once a month on the second Monday of each month. What a great way to start your week. Please call the front desk at 978.692.5523.

#### TAI CHI

**Mondays at 1pm**

**Eight week session beginning Monday July 3**

(tentative) Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$3 per class; others pay \$5. Sign up at 978.692.5523. We may need to adjust the start date of this class.



#### BONE BUILDERS

**Mondays and Wednesdays 9:30-10:30am**

**Tuesdays and Thursdays 12:45-1:45pm**

Build your strength, increase range of motion and flexibility at a pace that is comfortable with you. To register for the classes please call the Cameron at 978.692.5523 to request an application which must be submitted with physician's approval. Class space is limited. If you have any questions, please call Maureen Thibodeau at 978.692.7634. **We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center.**



#### STRENGTHEN YOUR IMMUNE SYSTEM WITH MINDFUL MOVEMENT

**8 weeks beginning July 11**

**Tuesdays, 9-10am: Beginner Class**

**10-11am: Advanced Class**

Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving stress and anxiety. The instructors for this 8-week session are from Cultivating Qi in Westford, MA. **Cost for Westford residents is \$24 for one class time per session, and \$30 for both classes. Others pay \$40 per session. Sign up at 978.692.5523.**



#### CHAIR MOVEMENT CLASS WITH CAROL WING

**Tuesdays beginning July 11, 10:15am**

**Thursdays beginning July 6, 10:15am**

**8 weeks**

Cost: Westford residents for 8 weeks for 1 day a week is \$24 and for both Tuesday and Thursday classes the cost is \$30. Non-resident cost is \$40. Sign up at 978.692.5523.



#### JOIN CAROL WING FOR ZUMBA CLASS

**Tuesdays beginning July 11, 9:15am**

**Thursdays beginning July 6, 9:15am**

**8 weeks**

Cost: Westford residents for 8 weeks for 1 day a week is \$24 and for both Tuesday and Thursday Classes is \$30 and non-resident cost is \$40. Sign up at 978.692.5523.



#### WELL-BEING GROUP CONDITIONING—TWO SESSIONS PER WEEK

**Tuesdays & Thursdays at 10am**

**Eight weeks beginning July 11**

Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford. (next to Eastern Bank) A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Burn, strengthen, and engage! Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$80 and non-residents- \$96. If you would like to participate in this class and you have a financial hardship please see our social service staff for financial scholarship.



#### WELL-BEING GROUP CONDITIONING—ONE SESSION PER WEEK

**Wednesday at 9am**

**Eight weeks beginning July 12**

Class Location: Well-Being Fitness Gym at Cornerstone Plaza. Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$50 and non-residents- \$77

#### NIGHT YOGA

**Tuesdays at 5:30pm**

**Eight weeks beginning July 11**

Join Meghan Kwartler from Well Being Fitness and Yoga for Gentle Flow Yoga- Experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$48 and non-residents- \$64

#### GENTLE YOGA

**Wednesdays at 11am**

**Eight weeks beginning July 12**

Join Meghan Kwartler from Well Being Fitness and Yoga for Gentle Flow Yoga- Experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. Class fee: Westford residents- \$48 and non-residents- \$64

#### INTRODUCTION TO TAI CHI AND QIGONG – AN 8-WEEK SERIES

**Thursdays 6:00pm -7:00pm Starting Thursday, July 13**

Instructor: Stan Fall of Cultivating Qi

YangTao™ Tai Chi & Qigong offer gentle meditative movement to help move blood and oxygen around the body, nourishing the organs and tissues. This strengthens the immune system and enhances the body's natural ability to heal itself. In addition, YangTao™ Tai Chi & Qigong help to calm the mind. The class is designed to be low key and fun for people of all levels. Come join us! Cost for the class is \$40 for the 8 weeks. Please sign up at 978.692.5523.

## HEALTH RESOURCES

### DEMENTIA CAREGIVER SUPPORT GROUP

The Dementia Caregiver Support Group is on summer break. It will restart in September. Please call Alison at 978-399-2325 for other support options.

### HEARING SCREENING

**Mondays, July 10, and August 14 at 9:30 am**

**Megan Ford from HearSmart Audiology** of Littleton will provide hearing screening. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978.692.5509.

### HEALTH SERIES

**TUESDAYS July 11 at 4:30pm—no August session**

We are pleased to continue our FREE monthly series with local health professionals, held at the Cameron on the second Tuesday of every month at 4:30. In July, we host Diane Riley of Sunmed, Westford's CBD store. She will discuss the difference of CBD and THC, use of the products and why SunMed products have won awards. Please sign up at 978-692-5523.

### NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?

**SHINE (Serving Health Insurance Needs of Everyone) CAN HELP!**

**Mondays, July 10 and August 14** by appointment. Medicare health and drug plans can make changes each year. Things like cost, coverage, and what providers and pharmacies are in their networks. SHINE can help you determine the best plan for you through individual meetings with a trained SHINE Counselor. To schedule an appointment with **Fred Baumert, our SHINE Counselor**, contact the Cameron Senior Center Front Desk at 978.692.5523. Appointments are typically 45 minutes.

### BLUE CROSS BLUE SHIELD MEDICARE SUPPLEMENT PLANS

**Tuesday, July 11, 4:30pm**

Medicare can be confusing so come learn about Medicare Supplement Plans versus Medicare Advantage Plans. You will learn about original Medicare, differences of plans, prescription coverage, real life case studies and resources to help you make your decisions. Please sign up for this free seminar by Friday July 7<sup>th</sup> at 978-692-5523.

### DID YOU KNOW?

August is National Immunization Awareness Month. As you age, a health care provider may recommend vaccinations, also known as shots or immunizations, to help prevent certain illnesses. Talk with a doctor or pharmacist about which vaccines you need. For adults over 65, vaccines may include flu, Covid-19, pneumonia and shingles. Make sure to protect yourself as much as possible by keeping your vaccinations up to date. If you require transportation to get to your doctor's office, the Cameron's transportation team is happy to help.

**Would you like to help out at the Cameron? Come join our group of dedicated volunteers! Call Katie at 978-399-2330 for more information**

## Social Fitness Activities

### TUESDAY GOLF AT QUAIL RIDGE

354 Great Rd, Acton MA Tuesdays beginning at 7:30am  
Now—October Cost: \$20 walking, \$31 with cart. Call Quail Ridge at (978) 264-0399 to reserve for your tee time. Make sure you say you're with the Westford Group to get this special price.



### PING PONG

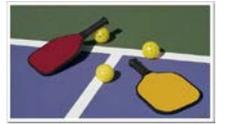
**Mondays and Tuesdays at 2pm, Fridays at 9:30am**

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a fun group of people who really enjoy ping pong and one another. If you would like to participate, RSVP by calling 978.692.5523 so we know how many tables to set up.



### PICKLEBALL

This equipment is available to use during all hours of operations of the Cameron—check in at the front desk to request it. The best place to get updated information for pickleball around Westford is by checking out the Pickleball website.



<https://sites.google.com/view/westfordpickleball/home>

### HIKE WITH MIKE IS BACK!

All of the hikes meet at 9:00 am, rain or shine. **Lightning will cancel the Hike.** The trails are mostly flat, unpaved, loose footing with rocks, roots and rolling hills. Participants should dress for the weather, wear sturdy, closed toe, walking shoes / boots., and should bring water and bug repellent. Hiking pole(s) optional. Most hikes are 2 miles long and will take about 2 hours. Call 978.692.5523 to sign up.

### Kennedy Pond and Esker Loop July 3, 1.9 miles

Trailhead: Kiosk at the parking lot off of Trailside Way (after #7 Trailside Way). Westford

### Beaver Brook, July 24, 2.1 miles

Trailhead: The cul de sac at the end of Buckingham Dr. Westford

### Stony Brook School, August 7, 1.8 miles

Trailhead: Stony Brook School parking lot, in the back, next to the track and football field. Westford

### STROLL YOUR WAY TO BETTER HEALTH

Walk with our Health Departments Gail Johnson and Britany Nash Wednesdays at 9am starting at the Cameron. The dates will be July 19, July 26, Aug 2, Aug 9, Aug 23, Aug 30. Please sign up at the front desk at 978.692.5523. If you want to sign up the day of that works too. The more the merrier!

### CORN HOLE TOURNAMENT

**Wednesday, August 2, 9:30am**

We will have singles and/or double tournament entries. These tournaments will be double elimination so we can have fun together longer. Tournament sign up call 978.692.5523.



## DINING AND HEALTHY FOOD OPTIONS

### Dining Options

#### RESTAURANT REVIEW

Be sure to mark your calendars for our next outings at **11:30 am on Wednesdays, July 26 at Fishbones, 34 Central Square, Chelmsford, and August 30 at Johnson's, 164 Boston Rd, Groton**. 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". Please send restaurant suggestions to Annette at 978-399-2326.

#### BIRTHDAY CELEBRATION

Wednesday, July 12 at 12pm. Tacos

Wednesday, August 23 at 12pm. Sausage and Peppers

**Cost: \$5 and Birthday celebrant lunch is free. To register please call 978.692.5523.** Enjoy a birthday dessert after lunch as we celebrate our birthday celebrants with a robust round of Happy Birthday singing.

#### FRIDAY BINGO LUNCHES 12pm, \$3

If you want lunch before Friday BINGO, enjoy these offerings prepared by BINGO chef Mike Dyer.

Friday July 7 Hot Dogs & Hamburgers

Friday July 21 Meatball Subs

Friday August 4 Hot Dogs & Hamburgers

Friday August 25 English Muffin Pizzas

**Please sign up for lunch by calling 978.692.5523 but walk-ins and to go orders are welcome. For any questions about BINGO call your program coordinator, Katie Russell at 978.399.2330. [Special thanks to the Friends of the Cameron for their financial sponsorship of this event.](#)**

#### REPRESENTATIVE ARCIERO'S ANNUAL COOKOUT

Wednesday, August 9 at 12pm

Representative Jim Arciero will again be hosting his crowd pleaser indoor cookout at the Cameron. Enjoy freshly grilled hot dogs and burgers. This is a great opportunity to meet and share concerns with him! Please RSVP to 978.692.5523.

#### KIWANIS COOKOUT

Tuesday, September 5 at 6 pm

We are excited that The Kiwanis will again be hosting an evening cookout at the Cameron. Reservations are a must, so please call 978.692.5523.



#### LIVE MUSIC UNDER THE SUN

Wednesday, July 26 at 12pm  
at The Cameron

Join us for a cookout while Roger Tincknell plays everything from Elvis to the Everly Brothers 1950s Rock and Pop Classics! This will be outside so summer attire is recommended. **Sponsored in part by a grant**

**from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.** For more information, please call the Senior Center at 978.399.2326. Cost is \$3 to attend.



#### END OF SUMMER PARTY AT KIMBALL FARM

Friday, September 8 at 12pm

Summer Party Admission includes a meal of your choice, Full Kimball Farm Ice Cream bar, all of the following Activities: One Round of 18-hole Mini Golf • 2 Bumper Boat Rides • 2 Bumper Cars Rides • 1 Large Bucket of Balls at the driving range as well as entertainment. Meal options are hamburger, hot dog, veggie burger or cheeseburger. Cost is \$25 and call to register at 978.692.5523.

### Healthy Food Options

#### WESTFORD FOOD PANTRY

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

#### FOOD PANTRY HOURS:

- **Wednesday Evenings from 6 to 8 pm**  
July 5, 12 19, 26 and August 2, 9, 16, 23, 30
- **Friday Mornings from 9 to 11 am**  
July 7, 14, 21, 28 and August 4, 11, 18, 25

**For more information, or to donate, check their website at**

[www.westfordfoodpantry.org](http://www.westfordfoodpantry.org)

#### WHOLE FOODS/ TRADER JOE'S DISTRIBUTION

Mondays and Thursdays at 1:00 pm

Open to all residents 55+. Sign in at the front desk each day that you want to participate.

#### SNAP – Supplemental Nutrition Assistance Program

Do you need help buying groceries? If your monthly income (household of 1) is less than \$2,265 or (household of 2) is less than \$3,052, you may be eligible for a monthly benefit toward groceries. For more information, call Annette at 978.399.2326 or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

#### FREE ORGANIC VEGETABLE DISTRIBUTION

**Every Thursday 1pm numbers given out, 1:15 distribution of produce**

We are excited to continue our relationship with Gaining Grounds of Concord. They offer their organic produce weekly to all Westford residents who meet income guidelines. The gross income limit is \$42,411 for a household of one, and \$55,461 for a household of two. To participate one must sign an income attestation on the day of produce pick up. This distribution will be held at the Westford Housing Authority at 65 Tadmuck Rd. in the community center parking lot. People often arrive early so we pass out disposable numbers starting at 1pm and the freshly picked and packaged vegetables are distributed at 1:15. Any questions call Annette or Jen at 978.399.2326.



## Social and Enrichment Activities

### THE UPBEATS

Are you an experienced at playing an instrument? Our house band, the UPBEATS, practices each Thursday Morning at 10am. Bring your instrument and play with this talented group of musicians.

### ARE YOU INTERESTED IN LEARNING A NEW LANGUAGE?

If you are interested in picking up some basic conversational Spanish or want to brush up on some older skills or want to just try something new let Katie know. Contact Katie by [krussell@westfordma.gov](mailto:krussell@westfordma.gov) or 978.399.2330. for more information.

## Arts and Crafts

### OPEN ART STUDIO

**Tuesdays 1pm – 3pm**

Would you enjoy some company while you work on your projects? If so, Open Art Studio may just be the place for you. Drop-ins are always welcome.

### SEWING & QUILTING CLUBS

**Mondays 10am – 1pm and**

**Tuesdays 9am – 11am**

Please come in and enjoy a working on your quilting and sewing projects with many other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Share project tips and enjoy some creative company!

### KNITTING AND CROCHETING WITH RILEY

**Wednesdays, 1:30-3:00pm**

The Friends of the Cameron Senior Center sponsors a knitting/crochet "let's have a chat" group. Please feel free to drop by! We meet in the lobby at the senior center. If you want to learn, share a pattern, work on a project or have a cup of tea, we would love to see you. Everyone is welcome!

### DID YOU KNOW?

Thanks to crafter Margaret Wheeler of Westford, for bringing this wonderful program, Loose Ends, to our attention! When a crafter dies mid-project or is no longer able to do handwork due to disability or illness, they will likely have unfinished items they were making for friends and family. These tangible, handmade expressions of love could get lost, donated away or thrown out. Loose Ends matches unfinished projects to volunteer finishers who complete and return the garments, blankets, & accessories to their loved ones. Do you need a project finished? Visit Loose Ends online to find out if your project qualifies to be completed by a volunteer finisher. If it does, simply fill out the online form and they will match you with a volunteer who has the skills and time to get the job done.

[www.looseendsproject.org](http://www.looseendsproject.org)

### Capstone Interns Were TERRIFIC

The Cameron staff and our participants really appreciated Hampton Ewiah, Aditya Krishnamurthy, and Ezra Robinson, who helped with administrative tasks, setting up and breaking down furniture for programs, assisted with weekly COA van grocery run trips, assisted riders with grocery shopping and carrying of bags, visited with center participants, provided technology assistance and much more. These interns are always welcome to come back to the Cameron and pick up from where they left! BEST wishes Ezra, Hampton and Audi. You have incredible futures ahead of you. \*\*An extra thank you to Katie Russell, our Volunteer Coordinator who did a tremendous job ensuring our interns embraced new learning opportunities, shared their talents and learned about the importance of a senior center in one's community.



Keep an eye out for 3 new  
Art classes this Fall!

## Community Resources

### SIT WITH THE STATE SENATOR STAFF MEMBER

**Thursdays, July 20 and August 17, 1:30 pm – 3:00pm**

The Cameron is pleased to offer office hours with a representative from State Senator John J. Cronin's office, on the third Thursday of each month. Please feel free to ask questions, express your concerns, or just come and introduce yourself! State Senator Cronin represents Worcester and Middlesex Counties.

### VETERANS SERVICES

Westford Veterans Agent, Ryan Cobleigh, is available to assist with benefits and/or other needed services or information. To speak with Ryan, please call 978.392.1170 or visit <http://westfordma.gov/veterans>

### VET 2 VET

**With retired veteran's agent and resident Terry Stader**

**Tuesdays, July 11 and August 8 at 11am**

Are you a veteran who has questions and would like to talk to another veteran? Sign up with for a one on one appointment at 978.692.5523.

### ASK THE ELDER SERVICES OFFICER

**THURSDAYS, July 13 and August 10 at 11AM**

Stop in for a visit with our very own Elder Services Officer. You don't need to have a legal issue to discuss. She is also open and interested in hearing from you about what is going on with the seniors and any education you'd like her to provide.

### ASK THE LAWYER

**Tuesday, September 5 beginning at 9:30am**

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment only. Appointments are 20 minutes each. Please call 978.692.5523 to reserve a timeslot.

### ASK THE REALTOR

**With Kathy Cunningham of Coldwell Banker, Westford**

**Mondays, July 10, and August 14 at 11am**

Call 978.692.5523 to schedule an appointment to ask local realtor Kathy Cunningham your personal real estate questions.

### FREE PIANO LESSONS

**Thursday evenings**

Meaghan Lu, a Westford Academy Student who is passionate about music, is volunteering her time on Thursday nights to provide piano lessons. Call 978.727.7396 to set up a lesson time.



### AMATEUR RADIO CLUB MEETINGS

The Police Amateur Radio Team (PART) of Westford is the area's leading amateur radio (ham) club, with over 100 members from Westford and the surrounding communities. If you're a ham radio operator or just interested in learning about this popular hobby, you're invited to attend the club's monthly meetings held at the Cameron Senior Center on the third Tuesday of every month. The next two meetings will be Tuesday, July 18, and Tuesday, August 15, at 7:30 PM. You can get more information about the club and the hobby at the club's website ([www.wb1gof.org](http://www.wb1gof.org)), or send an email to [k1ig@arrl.org](mailto:k1ig@arrl.org).

### WESTFORD'S "A SPA FOR YOU" HERE AT THE CAMERON

**Monday, July 24 from 10am -2pm in the Arts & Crafts Room**

**Monday, August 28 from 10am -2pm in the Arts & Crafts Room**

A Spa For You will perform one of the following services for \$15.00.

15 Minute Chair Massage

15 Minute Express Facial: wash, exfoliation, mask, hydrate

15 Minute Pedicure: soak feet, cut and file toenail and paint toe nails

15 Minute Manicure: cut and file nails, and paint nails

All Services provided by licensed tech.

Payment in cash due at time of the service. Any questions please call Eleanor at A Spa for You in Westford at 978.486.8900. To sign up for an appointment call the Front Desk at 978.692.5523.



**The Town Strategic Retreat at Kimball Farm is scheduled for Thursday, September 7 from 5-8pm.** More information will be coming from the Town managers office on discussion items and registration. This is a fun, community planning event coupled with a complimentary dinner, ice cream bar and socializing. Look for your COA staff there!

## Outreach

### OUTREACH

As your Outreach Workers, Annette & Jen B. are here to support you with any issues that may arise. We will help you brainstorm solutions and connect you with helpful resources. We can meet with you in our private office at the Cameron or go to your home if you prefer. We value helping our Westford seniors and hope you will utilize our services. Call 978-399-2326.

### GRIEF SUPPORT GROUP – for folks 55+

**THURSDAYS, July 13 and 27, and August 10 and 24**

While grief can impact individuals in different ways, connecting with others to share stories, experiences, and receive/offer support can help with the grieving process. Please join us if you have suffered a loss and are seeking a safe place to express your feelings, to be heard, to learn about the grieving process, and to obtain helpful coping materials and resources. These "drop in" groups are offered on the **2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month at 4pm** here at the Cameron. *Please call to speak with Annette prior to your first visit.* There is no fee and no required attendance. Call Annette at 978-692-5523.

### FRIENDLY VISITOR PROGRAM REBUILDS!

The senior center is looking to restart our Friendly Visitor program which took a hiatus during Covid. This program serves a crucial need for companionship and conversation with visits to homebound seniors in our community. The Outreach department is looking for compassionate, reliable adult volunteers to participate in this program. If you're a senior and would like to be connected with a Friendly Visitor, or if you're able to volunteer for this program, please contact the Outreach department at 978-399-2326.

### MOVIE SHOWINGS

**THURSDAYS – July 20 and August 17 at 5:00pm NEW TIME**

Join us July for the drama comedy **The Duke** starring Jim Broadbent and Helen Mirren and in August **The Whale** with Academy Award Winning Best Actor Brendan Fraser. Just **\$5** for a movie, popcorn, refreshments, and light meal. Please call to sign up at least 3 days prior at 978-692-5523. **Thank you to the Friends of the Cameron for subsidizing costs.**



### BOOK CLUB

**TUESDAYS, July 18 and August 15 at 2pm**

Are you a reader who likes to talk about books? In July we will be discussing the light summer read, **The Summer Wind** by Mary Alice Monroe and in August the mystery, **The Accident** by Linwood Barclay. You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-232



### GAME NIGHTS

**THURSDAYS, July 6 and August 3 at 4:30pm**

Join us for an early evening of fun and laughter. All the games played are easy to learn. In July, we are playing the card game **UNO** and in August we will be active indoors with **Corn Hole and Ladder Golf!** The cost is **\$4** for a light meal i.e. pizza. Please sign up in advance for planning purposes, 978-692-5523. **Thank you to the Friends of the Cameron for subsidizing costs.**

## Games

### MONDAY BINGO

**Mondays at 1pm**

Join us at the Cameron for BINGO Fun!

**Thank you to Best Care Services for their monthly gift card donation!**



### FRIDAY BINGO

Friday BINGO games start at 1pm. **We will host BINGO on July 7 and 21, and August 4 and 25.** BINGO supplies can be purchased— Dobber- \$1.00 and \$3.00 BINGO sheet which includes 3 BINGO boards

### CARDS AT THE CAMERON

Please register at the front desk for selected game(s). If there is a cancellation, we will notify you by phone.

**CRIBBAGE— Wednesdays at 12:30pm**

**HAND AND FOOT (Canasta) - Thursdays at 12:30pm**

**BRIDGE - Thursdays at 2pm**

## Housing and Independent Living

**T.R.E.A.D.** -Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 30**. 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 2023. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325 or Jen/Annette at 978-399-2326.

### MOBILE BOOKS FOR HOMEBOUND FOLKS

Are you unable to come to the library? Do you lack transportation or have health issues that keep you away? Let the J. V. Fletcher Library come to you! Let's talk! Call Judy Madsen, Homebound Coordinator at 978-399-2301 to sign up. Any Westford resident who cannot come to the Library due to limited mobility, illness, or physical disability is eligible for homebound delivery. Give Judy a call and we can figure out if your homebound status will be permanent or temporary. Don't have a library card? She can help you get one. Every three weeks she can deliver books, movies, magazines, and more to your home!

### HABITAT FOR HUMANITY

Are you a homeowner in need of a critical home repair? Habitat for Humanity of Greater Lowell's Critical Home Repair program offers assistance to qualified seniors and veterans to help alleviate health and safety issues and code violations. This program is part of an ongoing effort to meet Habitat's mission that everyone should have a decent and affordable place to live in dignity and safety. As with all Habitat for Humanity programs, this offers "a hand-up, not a hand-out". There is also grant money available for grab bars, railings, and handrail installations. For more information, please contact Kim Raymond at Habitat for Humanity of Greater Lowell at 978-596-0618.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00 Billiards 9:00 Hike With Mike 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong</p>	<p>4</p> <p><b>Center Closed Independence Day</b></p> 	<p>5</p> <p>9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry</p>	<p>6</p> <p>9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Piano Lessons <b>4:30 Game Night</b> <b>5:00 Tech Class</b></p>	<p>7</p> <p>8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong <b>12:00 BINGO Lunch</b> <b>1:00 BINGO</b></p>
<p>10</p> <p>8:00 Billiards 9:30 Bone Builders <b>9:30 Hearing Screen</b> 10:00 Sewing <b>11:00 Ask the Realtor</b> <b>11:00 Guided Meditation</b> <b>12:30 SHINE</b> 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong</p>	<p>11</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement <b>11:00 Vet to Vet</b> 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong <b>4:30 Health Series</b> <b>4:30 BC/BS Supplem.</b> <b>5:30 Yoga</b></p>	<p>12</p> <p>9:30 Bone Builders 11:00 Gentle Yoga <b>12:00 Birthday Lunch</b> 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry</p>	<p>13</p> <p>9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement <b>11:00 Ask the Detective</b> 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Piano Lessons <b>4:00 Grief Support</b> 6:00 Qigong &amp; Tai Chi</p>	<p>14</p> <p>8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong</p>
<p>17</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong</p>	<p>18</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio <b>2:00 Book Club</b> 2:00 Ping Pong <b>5:30 Yoga</b> <b>7:30 Radio Club</b></p>	<p>19</p> <p><b>9:00 Stroll for Health</b> 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry</p> <p><b>Hampton Beach Trip</b></p>	<p>20</p> <p>9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs <b>1:30 State Senate Staff</b> 2:00 Bridge 4:00 Piano Lessons <b>5:00 Tech Class</b> <b>5:00 Movie Night</b> 6:00 Qigong &amp; Tai Chi</p>	<p>21</p> <p>8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong <b>12:00 BINGO Lunch</b> <b>1:00 BINGO</b></p>
<p>24</p> <p>8:00 Billiards 9:00 <b>Hike with Mike</b> 9:30 Bone Builders 10:00 Sewing <b>10:00 A Spa For You</b> 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong</p>	<p>25</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong <b>5:30 Yoga</b></p>	<p>26</p> <p><b>9:00 Stroll for Health</b> 9:30 Bone Builders 11:00 Gentle Yoga <b>11:30 Restaurant Rev</b> <b>12:00 Live Music BBQ</b> 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry</p>	<p>27</p> <p>9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Piano Lessons <b>4:00 Grief Support</b> 6:00 Qigong &amp; Tai Chi</p>	<p>28</p> <p>8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong <b>10:00 Christmas in July</b></p>
<p>31</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong</p>				<p><b>July 2023</b></p>

**Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3  
Fitness Center also open Tuesdays and Thursdays until 7:30PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>August 2023</b>	1 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 1:30 Whole Foods/TJs 2:00 Ping Pong <b>5:30 Yoga</b>	2 <b>9:00 Stroll for Health</b> 9:30 Bone Builders <b>9:30 Cornhole Tour.</b> 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	3 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Piano Lessons <b>4:30 Game Night</b> <b>5:00 Tech Class</b> 6:00 Qigong & Tai Chi	4 8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong <b>12:00 BINGO Lunch</b> <b>1:00 BINGO</b>
	7 8:00 Billiards <b>9:00 Hike With Mike</b> 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong  <b>Doo Wop Review Trip</b>	8 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement <b>11:00 Vet to Vet</b> 12:45 Bone Builders 1:00 Open Art Studio 1:30 Whole Foods/TJs 2:00 Ping Pong <b>5:30 Yoga</b>	9 <b>9:00 Stroll for Health</b> 9:30 Bone Builders 11:00 Gentle Yoga <b>12:00 Arciero Cookout</b> 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	10 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement <b>11:00 Ask the Detective</b> 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Piano Lessons <b>4:00 Grief Support</b> 6:00 Qigong & Tai Chi
14 8:00 Billiards 9:30 Bone Builders <b>9:30 Hearing Screen</b> 10:00 Sewing <b>11:00 Ask the Realtor</b> <b>11:00 Guided Meditation</b> <b>12:30 SHINE</b> 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong	15 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong <b>2:00 Book Club</b> <b>5:30 Yoga</b> <b>7:30 Radio Club</b>	16 9:30 Bone Builders 11:00 Gentle Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	17 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs <b>1:30 State Senate Staff</b> 2:00 Bridge 4:00 Piano Lessons <b>5:00 Tech Class</b> <b>5:00 Movie Night</b> 6:00 Qigong & Tai Chi	18 8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong  <b>Bridge of Flowers Trip</b>
21 8:00 Billiards 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong	22 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong <b>5:30 Yoga</b>	23 <b>9:00 Stroll for Health</b> 9:30 Bone Builders 11:00 Gentle Yoga <b>12:00 Birthday Lunch</b> 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	24 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Piano Lessons <b>4:00 Grief Support</b> 6:00 Qigong & Tai Chi	25 8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong <b>12:00 BINGO Lunch</b> <b>1:00 BINGO</b>
28 8:00 Billiards 9:30 Bone Builders 10:00 Sewing <b>10:00 A Spa For You</b> 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong	29 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong <b>5:30 Yoga</b>	30 <b>9:00 Stroll for Health</b> 9:30 Bone Builders 11:00 Gentle Yoga <b>11:30 Restaurant Rev</b> 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	31 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Piano Lessons 6:00 Qigong & Tai Chi	

**Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3  
Fitness Center Open Tuesdays and Thursdays until 7:30PM**

## Friends Corner

Each year the Friends award four scholarships to graduating high school seniors based on academic merit and community service.

Congratulations to the four graduating high school seniors who received awards from the Friends. Ezra Robinson and Roman Munichiello from Westford Academy, Caden Adams and Megan Nicholson from Nashoba Valley Technical High School .

**Friends "Christmas in July" Sale** will be held Friday, July 28 10:00am-3:00pm Plan now to join us for this event sponsored by the Friends of the Cameron Center and our very own *Trudy's Boutique*. Many holiday items, as well as jewelry, lighted village items, puzzles, linens, wrapping paper, and much more, priced to sell! Find some bargains and get your holiday shopping done early! Shoppers are encouraged to bring a friend and have fun!

Planning is underway for the Friends fall Harvest Fair. If you are a crafter and would like to donate various items or would like to rent a table, please let a Friends member know. Details to follow.

If you have not renewed your annual membership, please consider doing so. Annual memberships run from July 1 through June 30. Members receive discounted rates on special events throughout the year. Memberships and donations are critical in helping fund ongoing programs. The Friends continually work to provide qualified seniors with emergency financial assistance for food, housing, utilities, medical services, or transportation, sponsoring social activities and organizing fundraising events, managing the Cameron thrift shop, *Trudy's Boutique*, and covering costs of fitness and exercise classes.

Pat Reppucci, President, Friends of the Cameron

<https://westfordmafriendingofcameron.com/>

Facebook page Friends of the Cameron Senior Center, containing updated information and events.

A wonderful time was had by all at the **May 24 tea party**. Thank you to those who attended, and a huge shout out to the wonderful volunteers who worked so hard to make this event a success. A spectacular array of raffle gift baskets added to the enjoyment of the afternoon. A special thank you to Tom Boyer, director of the Music Makers for his talented piano accompaniment. We had wonderful sandwiches and desserts along with copious amounts of tea while enjoying Tom's music choices.



# DOLAN FUNERAL HOME

James F. Dolan **978-251-4041** James F. Dolan II

106 Middlesex Street  
North Chelmsford

[www.dolanfuneralhome.com](http://www.dolanfuneralhome.com)

Pre-Planned  
Funeral Counseling

**SAVE THE DATE!**  
Our next Delvena Theatre show will be  
Friday, September 22, 2023.  
More information to come!



**How to Get Your Cameron News**

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you free of charge. If you prefer receiving a newsletter via email, please call us at 978-692-5523
- 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/

**COUNCIL ON AGING STAFF**

Jennifer Claro, Director of Council on Aging  
 Alison Christopher, LICSW / Social Worker  
 Annette Cerullo, LSW /Outreach Coordinator  
 Jen Beale, Elder Outreach  
 Claire France, Records Supervisor  
 Robert Rafferty, Transportation Dispatch  
 Christopher Mitchell, Maintenance Supervisor  
 Al Jones, Maintenance  
 Edna MacNeil, Front Desk  
 Katherine Russell, Senior Assistant  
 Margaret Siegel, Registrar  
 Karen Heitkamp, Night Supervisor  
 Bob Benoit, Van Driver  
 Karen Collins, Van Driver  
 Paul Davis, Van Driver  
 Steve Ducharme, Van Driver  
 Bob France, Van Driver  
 Ed Jarvis, Van Driver  
 John Lasna, Van Driver  
 Lisa Nee, Van Driver and Assistant Dispatcher  
 Pam Rovendro, Van Driver

**COUNCIL ON AGING BOARD MEMBERS**

Helena Crocker, Member Emeritus  
 Nancy Cook, Chair  
 Robert Tierney, Vice Chair  
 Kathryn Wilson, Clerk  
 Sandra Collins  
 Patricia Holmes  
 Terry Stader  
 Barbara Upperman

**FRIENDS OF CAMERON BOARD MEMBERS**

Helena Crocker, Member Emeritus  
 Pat Reppucci, President  
 Donna Owens, Vice President  
 Kevin McGuire, Treasurer  
 Lynne Stader, Asst. Treasurer  
 Katharine Karr, Secretary  
 Gail Austin  
 Frances Kosenko  
 Christine Robinson  
 Terry Cryan  
 Dennis Smith

**BOARD MEETINGS**

**COA Board July 19 and August 16, 4pm**  
**Friends Board July 20 and August 17, 10am**

**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](http://www.westfordma.gov/coa)

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



Helping you through your next home transition, every step of the way.

Carrie Hines  
 M 978.505.1678

Nancy Allam  
 M 978.505.8865

carrie.hines@compass.com

nancy.allam@compass.com



## Transportation

### Cameron Center Transportation Department

Serving Westford's residents aged 55 and up and people with disabilities of all ages. We provide local van trips for medical appointments, shopping, and social events. Rides to Emerson Hospital, Nashoba Valley Medical Center, Lowell General Hospital, and other local medical offices, shops, Town Meetings, activities, and events within our operating area of **Westford, Chelmsford, Littleton, Groton, Carlisle, Ayer, Acton, Concord, and Lowell.**

We offer weekly trips to Westford Market Basket on Tuesdays, and weekly BINGO rides on Monday and Friday.

**If you need transportation for a Cameron-sponsored event, just let the front desk know when you register—there's no need to also call Transportation!**

**The COA Transportation Program Has an URGENT Need and Perhaps YOU Can Help**

Each month, our Tuesday grocery run provides grocery shopping to 80-110 residents who may need help with their grocery shopping and carrying of bags. We are looking for a few volunteers who would be willing to give three hours on any Tuesday morning and/or afternoon to be a grocery shopper assistant. If you are interested, please call Katie Russell, Volunteer Coordinator at 978.399.2330. You will meet some inspiring and gracious shoppers who would appreciate your shopping companionship and support.

To assist with this *needed effort*, we were fortunate to receive a grant through **The Westford Fund administered through the Greater Lowell Community Foundation** (thanks to Patti Mason) to provide grocery shopper assistants with a \$25 Market Basket card who give eighteen hours of service, until gift cards are depleted.

## VAN TRIP OFFERINGS

### COA TRANSPORTATION OFFERS A SPECIAL HAMPTON BEACH TRIP

**Wednesday, July 19 at 9am**

Enjoy a day at Hampton Beach! Have fun in the sun, sand, ocean, and walking along the boardwalk with all its shops and restaurants. Seating is limited so please call to sign up at 978.692.5523. The cost for transportation is \$10.

### COA TRANSPORTATION OFFERS A SPECIAL TRIP TO THE BRIDGE OF FLOWERS

**Friday, August 18 at 9am**

Enjoy a nice scenic drive with your tour guide Bob Rafferty to Shelburne Falls Bridge of Flowers. There is a good amount of walking on this day trip as you walk along the Bridge of flowers and enjoy the quaint New England town with all its shops. Seating is limited so please call to sign up at 978.692.5523. The cost for transportation is \$10.

## DAY TRIP OFFERINGS

Listed below are upcoming Bus Trips provided by Best of Times Travel. Call 978.692.5523 for reservations and information. Payment is due upon signing up for a trip. Make all checks payable to 'Town of Westford'. **All prices include transportation, driver's gratuity, plated luncheon, lunch gratuity, and show ticket.** Checks will be held until close to the day of the trip to be deposited. No refunds for cancellations with less than 10 business days advance notice. Transportation departs and returns from the rear parking lot at the Franco-American Club at 55 West Prescott St. Please park at the rear of the lot unless otherwise noted. For additional information please contact Katie at 978.399.2330 or [krussell@westfordma.gov](mailto:krussell@westfordma.gov) Pick up information flyers at the Cameron.

### THE CORVETTES DOO WOP REVUE

**Monday, August 7**

Travel to York, ME for a live concert with Corvettes Doo Wop Revue. The Corvettes are dedicated to preserve and perform the greatest music ever made- the music of 1950s Doo Wop era. Enjoy ageless classics such as: Come Go with Me, Little Darlin', At the Hop, The Twist, and many more at this concert. The cost of the trip is **\$124 per person**. Plated luncheon of a traditional Maine Lobster bake.

### THE McCARTNEY YEARS

**Thursday, September 21**

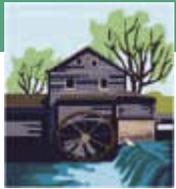
Travel back in time for a live concert tribute to Paul McCartney. Over 30 Top Hits spanning more than twenty albums, from Beatles to Wings, from "Yesterday" to "Live and Let Die." The cost of the trip is **\$124 per person**. Lunch choices are Corned Beef and Cabbage or Baked Schrod.

### TURKEY TRAIN

**Thursday, October 5**

Join us as we travel to central New Hampshire and Lake Winnepesaukee on board our deluxe motorcoach for a day of fun and the wonderful sights of Fall Foliage. Enjoy what millions of travelers come to New Hampshire for each year, the changing of the season and the magnificent fall foliage that can best be seen in New Hampshire. We arrive in Meredith, NH on the shores of Lake Winnepesaukee for the Turkey Train. ALL ABOARD the dining car to enjoy our Turkey luncheon provided by Hart's Turkey Farm. Our meal includes Roast Turkey, whipped potatoes, butternut squash, beverage, and a delicious sundae to top it all off. Take in the foliage as the train rides along the shores of the Lake and through wooded areas to take in the fall foliage. During our adventurous day out we will make a Mystery Stop that is sure to "sweeten your day." We will depart after our train ride with great memories of this fun day out! The cost of the trip is **\$154 per person** which includes Motorcoach Transportation, train ride, lunch, tax, gratuity, and driver's gratuity. If you want more information email Katie at [krussell@westfordma.gov](mailto:krussell@westfordma.gov) Please Make Check Payable To: "Town of Westford". Please call the Cameron Senior Center to sign up at 978.692.5523.





Independent Living • Assisted Living • Memory Care • Respite Stay

Proudly serving Seniors and the Community since 2002

Spacious One Bedroom and Studio Apartments • Fine Dining • Housekeeping • Laundry • Transportation  
Personal Care • Medication Management • Social, Health and Wellness Programs • 24/7 Certified Staff

RiverCourt Residences sits on the scenic banks of the Squannacook River.

Come visit this beautifully renovated historical mill and see the spectacular waterfall for yourself.

www.rivercourtresidences.com - 978-448-4122 - 8 West Main St., Groton, MA

RIVERCOURT  
RESIDENCES

The *St. Martin* Team  
Realtors Showing You The Way.



LAER Realty Partners

Colleen Murphy

508-344-6665

Info@StMartinTeam.com

www.StMartinTeam.com

R.A.NOLET  
D.B.A. **A-1**  
**Tree & Landscape**

When only the best will do  
Lawn, Tree & Shrub Maintenance  
Hydroseeding • Snow Plowing  
978-692-7825  
Landscaping Excellence for over 50 years  
Fully Insured • Bob Nolet SR., Horticulturist  
www.a1treeandlandscape.com



Collision Repair • Computerized Measurement  
Rental Cars • Certified Techs  
"Free Local Pickup & Delivery"

978-577-6188 • 496 Groton Rd., Westford

**Bridges**  
BY EPOCH  
MEMORY CARE ASSISTED LIVING  
AT WESTFORD

COMPREHENSIVE  
MEMORY CARE

978.226.1094

Find Education & Support:  
MemoryCareWestford.com

108 Littleton Road | Westford

MASS RELAY 711



Dwayne B. Baharozian, MD

Board Certified Ophthalmologist  
Certified Refractive Surgeon

- Routine and emergency eye care
- Treatment of eye diseases
- Cataract Surgery
- Laser Vision Correction
- On-premise optical gallery
- Contact lens services



978.692.1400

5 Cornerstone Square • Westford, MA 01886 | www.familyeyeMD.com

Circle Health Westford



This facility offers key services including urgent care, a Lowell General patient service center, diagnostic imaging services, primary care physicians, obstetrics and gynecology, as well as specialty clinics with Boston's top pediatric specialists from the Floating Hospital for Children at Tufts Medical Center.



To learn more, visit [www.circle-health.org/westford](http://www.circle-health.org/westford)



TRAIN  
WITH  
SHAIN

IN HOME BALANCE THERAPY AND  
FITNESS TRAINING FOR SENIORS

Steven R. Shain  
(508) 231-6378

[www.trainwithshain.net](http://www.trainwithshain.net)  
[trainwithshain@gmail.com](mailto:trainwithshain@gmail.com)

ACSM certified cpt/hfi  
CPR/AED certified  
Fully Insured



Connecting to  
What Matters  
That's the Benchmark  
Difference.

Call today to learn about  
our Mind & Memory  
approach and Respite  
by Day program.  
978.203.5951

The Atrium  
at Drum Hill

A Benchmark Senior Living Community  
for the Memory Impaired

2 Technology Drive  
North Chelmsford MA  
AtriumAtDrumHill.com



**BRIAN MURPHY**  
**itman**

In-home Mac or PC Help  
Hardware & Software Install  
Training | Upgrades  
Virus & Malware Removal  
Remote assistance and pickup & drop-off  
Brian@The-IT-Man.com

978-369-3348 | WWW.THE-IT-MAN.COM

**MARGARET A. HOAG**  
**KATHLEEN M. O'CONNOR**  
Estate Planning • Elder Law • Probate

978-266-0101

mhoag@eckel-law.com  
kittyoconnor@eckel-law.com



**ECKEL, HOAG  
& O'CONNOR**  
ATTORNEYS AT LAW

267 Great Road • Acton | www.eckel-law.com

*J.A. Healy Sons*  
*A Celebration of Life Funeral Home*

57 North Main Street  
Westford, Massachusetts 01886  
978-692-6502  
www.healyfuneralhome.com

HOW WILL YOU  
BE REMEMBERED?



Tracy A. Shea CLU, ChFC, CFP®  
LPL Financial Advisor

**CROSSPOINT**  
FINANCIAL ADVISORS, LLC

Helping you navigate to and through retirement.

(978) 256-4700 x 109



One Olde North Road, Suite 303  
Chelmsford, MA 01824

www.CPFinancialAdvisors.com  
Tracy@CPFinancialAdvisors.com

Securities and advisory services offered through  
LPL Financial, a Registered Investment Advisor.  
Member FINRA/SIPC

Interested in  
ADVERTISING  
with us?  
CALL TODAY!  
978-392-1302



**ORTHOTIC  
SOLUTIONS**

Covered by  
Insurance for  
People with  
Diabetes with Rx



Call us today for a FREE in-home assessment 774-205-2278

**NEW!**  
**Slimline Rail**  
for curved stairs



**GLIDE UPSTAIRS**  
with a Stannah Stairlift

Enjoy the full use of your home  
and live independently in comfort  
and safety!

- For Curved & Straight Stairs
- 7-Day Money Back Guarantee
- Rentals Available



**Stay in the Home You Love!**

At Stannah, we've designed chairs that fold up neatly at the push of a button, and recharge themselves constantly for reliable service. For stairs that turn, we have a customizable duo-tube design for the snuggest fit or a single tube design for most curved staircases.

MA HIC #160211, CT Elevator Ltd  
Contractor License #ELV.0475333-R5

\*When purchased directly from Stannah Stairlifts.  
Guarantee excludes rentals & previous purchases.

**Stannah**

**Mention Safe At Home &  
SAVE \$200\***

\*Only one discount per person. Can only be  
applied to a new stairlift purchased directly from  
Stannah Stairlift.

For friendly advice, a free survey of  
your stairs, and no-obligation  
pricing call:

**1-888-356-3130**

Visit our showroom for a demo:

**20 Liberty Way, Ste A  
Franklin, MA 02038**

For more Stannah stairlift info visit:  
**Stannah-Stairlifts.com/Safe-At-Home**

**COUNCIL ON AGING**

20 Pleasant Street, P.O. Box 2223  
Westford, MA 01886-5323

PRESORTED  
STANDARD  
US POSTAGE  
PAID  
WESTFORD, MA  
PERMIT NO. 202

**Change Service Requested**

**BRAIN GAMES**

**Answer to Sudoku**

6	9	5	2	8	3	1	7	4
1	8	3	4	7	6	9	2	5
7	2	4	1	5	9	3	8	6
5	6	2	3	9	1	8	4	7
8	3	9	6	4	7	2	5	1
4	7	1	8	2	5	6	9	3
3	4	7	9	6	2	5	1	8
9	5	6	7	1	8	4	3	2
2	1	8	5	3	4	7	6	9

**Sudoku**  
Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

1		2		9	6	5		
		3			4			
			2	8				
	6							4
		5	6					
2			3	5		1	6	
				6				
	4		5					1
5		8			4	3		

2021 Sator Publishing DIFFICULTY: ★★★★★

**CROSSWORD PUZZLE**

**ACROSS**

- 1 Cistern
- 4 Jap. parakeet
- 8 Bird
- 12 Unclose
- 13 Title of Athena
- 14 Poetic foot
- 15 Beak
- 16 Friends (Scol.)
- 17 Grape syrup
- 18 Pac. island
- 20 Land west of Nod
- 22 Prod
- 25 Last of the Mohicans
- 28 Sage
- 31 Rubbish; Brit.
- 33 Wood sorrel
- 34 Revolutions per minute (abbr.)
- 35 Small flock
- 36 Luzon people
- 37 Father of Jethosphat
- 38 Pointed arch
- 39 And other: abbr. (2 words) (Lat.)
- 40 Caribbean volcano
- 42 Cuff
- 44 New sugarcane shoot
- 46 Female vampire
- 50 Pub fare
- 52 End
- 55 Aid to Dependent Children (abbr.)
- 56 Victim of Cain
- 57 Frog genus (abbr.)
- 58 Council for Econ. Advisors (abbr.)
- 59 Indicating, in a way (suf.)
- 60 Greenland town
- 61 Possessed

**DOWN**

- 1 Birthplace of Beethoven
- 2 Samoan port
- 3 Phil island
- 4 Barking deer
- 5 Caliph
- 6 Win
- 7 US dam
- 8 Extend
- 9 Mack
- 10 Ambassador (abbr.)
- 11 Public Broadcasting
- 19 Wish undone
- 21 Fr. artist
- 23 Alcoholic drink
- 24 Roof edge
- 26 Things done (abbr.)
- 27 Hall (Ger.)
- 28 Swathe
- 29 dixit
- 30 Grig (2 words)
- 32 Grope
- 35 Cavity (suf.)
- 39 Environmental Protection Agency (abbr.)
- 41 Ahead
- 43 Muslim deity
- 45 Monster
- 47 Speed-of-sound number
- 48 Fancy
- 49 Academy (abbr.)
- 50 Sheep's cry
- 51 Abate
- 53 Grain
- 54 Sayings (suf.)

**ANSWER TO PREVIOUS PUZZLE**

PUPA RHEERNA  
STIB EARLYAM  
IANA IRRITATE  
ODONTICALL  
RECIPE DIB  
ARRHATSAT SIN  
AILRABUTE  
DIEBACSAIAN  
FEBTITTLE  
OBIABASIC  
CHARICOALRAFF  
ANA OBRAUSDA  
BELNOOKPEAG

**ENIGMA™**  
CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "Y" = "N"

"BGXZL-RTYLPLYPDD TD EWP GPDCFE  
XN NFZEEPYYA WTAW-RTYLPLYPDD  
XCE."  
— APXGAP DZYEZJZYZ

PREVIOUS SOLUTION: "Let everyone sweep in front of his own door, and the whole world will be clean." — Goethe

©2021 Satori Publishing E012

1 2 3 4 5 6 7 8 9 10 11

12										
15										
18										
22										
28	29	30								
34										
37										
40										
44										
50	51									
56										
59										

©2021 Satori Publishing A12