

AT THE CAMERON

In MEMORY of HELENA "MICKEY" CROCKER 1928-2023

**Council on Aging Board Member Emeritus
Friends of Cameron Board Member Emeritus
Mickey was a Friend to All!**



Nancy Cook, COA Board Chair, Mickey Crocker and Jodi Ross, former Town Mgr.

This newsletter is dedicated to Helena "Mickey" Crocker, who died on June 26, 2023. We are honored to provide a chronicle of Mickey's history with the Cameron Senior Center and the community she cherished.

Helena "Mickey" Crocker, named Helena McNiff at birth, was born in Forge Village on October 20, 1928, on Palermo Street. 94 years later her long list of accomplishments has made Westford a more caring community.

Mickey proudly served as Westford's Town Aide for twelve years where she worked as a liaison between low-income residents, Community Teamwork and Westford Town officials. Mickey learned from meeting with other Town aides that other municipalities had senior centers except for Westford and Chelmsford. Her professional collaboration with Community Teamwork allowed and encouraged her to find out what it would take to have a center for older adults to engage in activities and meal programs. However, she realized it wasn't going to be easy.

With her trademark perseverance, she successfully organized the Golden Age Club, which provided seniors with an opportunity to socialize, engage in activities, go on trips, attend special events and receive support services. She was excited that the Golden Age Club represented all five villages of Westford and many nationalities. The club offered classes, dances, and they quickly outgrew their original meeting spaces in the Westford Town Hall, Grantville Legion Hall (Post 159 FS Healy) and 2 Cross Street.

Because of Mickey's special charm, The Franco-American Club graciously donated the hall every month. While securing a place for the Golden Age Club, Mickey simultaneously started the Council on Aging, through which she secured annual funding from the state. To this day the Westford Council on Aging continues to receive this vital funding from the Executive Office of Elder Affairs. While securing key funding, she started such programs as Meals on Wheels, Well-Oldster Clinic which provided various routine health screenings, and a hot meal for elderly every Tuesday and Thursday night at Westford Housing Authority communities.

As services and programs continued to grow Mickey still wanted to find a permanent location for the Council on Aging. She learned that The Frost and Cameron schools would no longer be needed by the school department and was appointed by the select board to Chair the Building Re-Use Committee. That was the beginning of a dream for Mickey to see the Cameron School become home for what is now the Council on Aging and Cameron Senior Center. Mickey shared, "I am so proud of all we have accomplished and the many people/volunteers who have helped to make the Cameron a wonderful and active place." Amazingly, this building was built as a little two room schoolhouse in the 1800's and it never looked better".

Mickey's contribution to Westford was quoted in a published article "...her list of accolades stretches far and wide through our community." So many pioneered efforts include the creation of the Westford Food Pantry, Westford Housing Authority, Founder Foster grandparent program, Head Start classes, Pinch Hit program, Merrimack Valley Homecare, Cameron Thrift Shop, Holiday Basket Program, Gay 90's, Library newsletter, and WISH. Most recently, Mickey was honored to have the Helena Crocker Residences named for her due to her incredible legacy of truly giving.

Director's Report ...

Are you Interested?

FORMING A FOCUS GROUP for 55+

A few years back the Cameron center extended hours on Tuesdays and Thursdays to 8:00 pm to accommodate younger seniors still working who could benefit from evening programs and the use of our gym. Evening programs have included health topics, exercise classes, signing up for Medicare and presentations about caring for elderly parents. Our newsletter goes out to folks 70+ so we are trying to explore alternative ways to reach the 55-69-year-olds to better meet their needs. Annette, the evening Outreach coordinator, would love to have the input of folks in this age bracket to learn what classes and programs would bring you to the center, and how to best inform this age group of Cameron happenings. Please contact Annette at 978-399-2326.

COMMUNITY DINNERS – 2024

We are hoping to offer occasional free community dinners for all ages here at the Cameron in the new year. If you would be interested in helping with this endeavor please contact Annette in the Outreach office, 978-399-2326.

STRAWBERRY SHORTCAKE with Hal Schreiber

In appreciation and congratulations for recent accolades from the Internal Revenue Service with a special Certificate of Appreciation. Please join COA Staff on **Tuesday, September 19th at 1:30 PM** in the Cameron welcome area for this celebration and opportunity to thank Hal Schreiber for his dedication to our Tax Assistance Program for the past thirty years. Pictured: COA Director Jennifer Claro, Hal Schreiber, Elana Schreiber, and State Rep. Jim Arciero. Hal is holding the IRS Certificate of Appreciation.

Cameron Begins Strategic Planning with Local Consultant

The COA Director and Board Members are pleased to announce a two-year partnership with Mihran Keoseian, Founder of KEY Solutions and certified strategic planner. Committed to a belief, "Success is not a function of circumstance and luck, it is largely a matter of conscious choice, discipline, planning".

Key Solutions has a proven track record. For the past thirteen years, Mr. Keoseian has been instrumental in helping senior centers and schools with their building projects and organizational restructuring to meet changing needs, attain national accreditation and develop strategic plans. Prior to his work with senior centers, he worked with over seventeen schools in urban school districts, such as New York, St. Louis, and Boston. Using proven protocols from the research found within organizational planning improvement models and systems, he has achieved great success working with organizations to achieve their goals. Currently, our COA Board is working on devising two committees to assist with this process with input from the COA director and town manager. The Town of Westford and COA welcome Mihran to the Cameron beginning September 2023.

Cameron COA Board Adopts an Animal Visitation Request Form on July 19, 2023

It is important to our center to support residents who enjoy coming to center, while ensuring the best outcome possible for all. This new Animal Visitation Request Form is not meant for those who have a service animal that has been trained to ensure the safety or mental health support of its owner. This four-question form will allow our Board to understand the need and purpose for those who wish to bring their animal/pet into the Cameron while participating in center life. **Please understand that this visitation form must be completed and approved by COA Board before an animal can come into the center.** Forms are available at the front desk. If you have any questions, please feel free to contact Jennifer Claro, COA Director, at 978-399-2323.

2024 Tax Workers

Alison Christopher, Town Social Worker, and Melissa Cunniffe, Human Resources Administrative Assistant, answer questions for 2024 Tax Workers. We are excited to be placing tax workers in various Town Departments and Schools to assist with various administrative and/or maintenance work, special projects and more. Tax workers will receive \$1500 off their property tax bill for completing 100 work hours. For more information about this program call the Cameron Senior Center and ask for Alison Christopher. Veterans of any age may participate in this program if they meet the eligibility criteria.



New! Special Events

SEPTEMBER is National Senior Center Month!

**LIVE THEATER SHOW –
"Nun of This and Nun of That!"
Friday, September 22nd at 1 PM.
Delvena Theatre Company**



will be presenting **"Nun of This and Nun of That!"** here at the Cameron. An interactive, live comedy featuring two actresses. Now is the time for the 50th Class Reunion of St. Bartholomew's Parochial School. The "sisters" are excited to meet with their former students from the Class of 1957. The audience members, of course, are the reunion attendees. A good time will be had by all reminiscing about the old days and catching up with everyone. A fun, lighthearted comedy! 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.*

**DINNER with DONNA & COMEDY to FOLLOW
Tuesday, September 26 at 5 pm**

Join us for a super fun evening with an autumn dinner and special guest, comedian/magician Phil Volinino. The meal will be meatloaf, mashed potatoes, vegetable and apple crisp dessert. Bring your appetite and belly laughs! We can accommodate **40 people for the meal and comedy show at \$10 each** and another **30 people for just the comedy show at \$5 each**. Sign up quickly at 978-692-5523.

**AUTUMN CASINO TRIP TO FOXWOODS!**

Wednesday, October 4th

We will be traveling to **Connecticut**, and we are **inviting all those ages 50 and over** to join us.



MBT Worldwide Coach will be driving us with **departure from the Franco-American Club at 7:30 am. Please arrive by 7:15 am and park at the rear of the lot. Departure from Foxwoods at 4 pm. The fee for this trip will be \$45** which includes driver gratuity and is **due at sign-up** as there will be **limited seating**. Currently Foxwoods does not have a Buffet option, and they are not giving bonus or food coupons. You will be on your own for lunch. The Bingo Hall will be open. **Please call 978.692.5523 to sign up** for this fun day at Foxwoods!

IT'S TIME FOR TRIVIA A-GO-GO

Friday, October 27 at 1:30pm

Our infamous Ken presents, "Trivia with a Twist". There will be special games for extra points, unique team selection and champion prizes. All this for **\$3.00**. Sure to be a great time! Don't miss the fun; sign up online or by phone 978.692.5523.

Many thanks to the Friends of the Cameron for subsidizing this event!

**FISH FRY AND FIRE FIGHTERS!
Friday, September 29th 12:00pm**

September is **National Preparedness Month!** Please help us cap off this national observance with an engaging safety event, featuring the Westford Fire Department and the Upper Merrimack Valley Medical Reserve Corps. We'll be launching a very special **six-month Senior Safety Series with Lunch & Learn festivities**. **Ryan Monat, our new Fire Prevention Officer**, and **Mike Denehy, Deputy Fire Chief**, will discuss some of the amazing things that the Westford Fire Department can do in serving the town. There will be exhibits to talk about – including smoke detectors and lock boxes. Lastly, **Nancy Burns, EMT-Upper Merrimack Valley Medical Reserve Corp Coordinator**, with the help of wonderful MRC volunteers, will provide blood pressure and/or medication checks. The lunch will be a tasty Fish Fry, prepared by our Senior Center Staff. The mouth-watering dessert is sponsored by RiverCourt Residences. Please sign up online, or at the front desk at 978.692.5523. **The cost of this event is \$8. Many thanks to the Friends of the Cameron for subsidizing this event!**



Pictured (from left to right) Mike Denehy -Deputy Fire Chief, Annette Cerullo-COA Outreach Coordinator, Nancy Burns, EMT-Upper Merrimack Valley Medical Reserve Corp. Coordinator, Ryan Monat-Fire Prevention Officer and Katie Russell, COA Senior Assistant

KIWANIS COOKOUT

Tuesday, September 5th at 6 pm

We are excited that The Kiwanis will again be hosting a **FREE** evening cookout at the Cameron. Call 978.692.5523 to sign up!

**HALLOWEEN PARTY AT THE CAMERON**

Tuesday, October 31st at 5:30 pm

Sign up for one spooky night as we turn the Cameron into a haunted house. Costumes are a must! Enjoy a mystery dinner and ghost stories by the spooky queen, Katie Russell. **Cost will be \$3.00**. Sign up at 978.692.5523.

HOLIDAY ASSISTANCE PROGRAM: The Cameron Senior Center is partnering with SVdP of St. Catherine's Church and the Westford Food Pantry for the Westford Holiday Assistance Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal and are facing a financial hardship.



If you are interested in donating to the program, please contact Karen Heitkamp at kheitkamp@westfordma.gov. If you need assistance this holiday season, please contact Alison Christopher, L.I.C.S.W. Town Social Worker at achristopher@westfordma.gov. or 978.399.2325. Application deadline is October 20.

Health and Wellness Offerings—Fitness Classes

A special thanks to the Friends of the Cameron for helping to subsidize many of 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.

BONE BUILDERS

Mondays and Wednesdays 9:30 am -10:30 am
Tuesdays and Thursdays 12:45 pm -1:45 pm

Bone Builders is a great class to participate in if you are recovering from a health set-back. Build your strength, increase your range of motion and flexibility at a pace that is comfortable for you. To register for the classes, please request an application from the front desk at Cameron. Your application must be completed (with physician's approval). Class space is limited. **We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center at no cost!**



MINDFUL MOVEMENT

Tuesdays, September 5th - October 24th

9 am -10 am: Beginner - Class Instructor: Stan Fall

10 am -11 am: Advanced - Class Instructor: Marie Gagne

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 emotional stress and mental anxiety. The instructor for this 8-week session is from Cultivating Qi in Westford. For a short preview of what you will be learning, go to this link:

<https://youtu.be/jaXqbbn4JF8> 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.

INTRODUCTION TO TAI CHI & QIGONG

Thursdays September 7th - October 26th

6:00 pm -7:00 pm

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, due to the in-the-moment-connection of the mind to the breath, 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 to learn these mindful movements and to connect with like-minded people. Cost for the class is \$40 for the 8 weeks. Please sign up at 978.692.5523.



INTERMEDIATE YOGA Wednesdays at 11am 8 weeks starting

September 6th Join Meghan Kwartler from Well Being Fitness and Yoga. Class size is limited. Please call to sign up at 978.692.5523.

Class fee: Westford residents- \$48 and non-residents- \$64



CHAIR MOVEMENT with CAROL WING

Tuesdays September 5th - October 31st

Thursdays September 7th - October 26th

10:15 am Cost: Westford residents for 8

weeks for one day a week is \$24 and for

both Tuesday and Thursday classes the cost is \$30. Non-resident's cost \$40. Sign up at 978.692.5523.

ZUMBA CLASS with CAROL WING

Tuesdays September 5th - October 31st

Thursdays September 7th - October 26th

9:15 am

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



WELL-BEING GROUP CONDITIONING

TWO SESSIONS PER WEEK

Tuesdays & Thursdays at 10 am

8 weeks beginning Tues, September 5th

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. Tap into a host of health benefits from a full-body workout around a cardio format while increasing strength and stamina. Class size is limited. Call to sign up at 978.692.5523. Class fee: Westford residents- \$80 and non-residents- \$96.



WELL-BEING GROUP CONDITIONING

ONE SESSION PER WEEK

Wednesday at 9 am

Eight weeks beginning September 6th

Class Location: Well-Being Fitness Gym (see

description of location for two session class above). 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. Class size is limited. Call 978.692.5523 to sign up. **Class fee:** Westford residents \$50 non-residents- \$77.



GENTLE YOGA

Mondays at 12pm

7 weeks beginning September 11th

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- \$42 and non-residents- \$58



Health and Wellness Offerings— Clinics, Screenings and More

WESTFORD COMMUNITY FLU CLINICS

Thursday, Oct. 12 at Westford Academy from 4 pm - 8 pm

Tuesday, Oct. 17 at Westford Academy from 4 pm - 8 pm

Please call the Westford Health Department at 978.692.5509 for an appointment or more info.



HEARING SCREENING

Monday, September 11th, and October 16th at 9:30 am

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

WESTFORD HEALTH DEPT. OFFERS:

BLOOD PRESSURE & MORE AT THE CAMERON

Tuesdays, September 12th and October 10th at 9 am

Health screenings including blood pressure reading, weight check, medication review, and an opportunity to discuss other concerns with our favorite Town Nurse, Gail Johnson. No appointment necessary.

GUIDED MEDITATION WITH BRITTANY

Monday, September 11th and Monday, October 16th 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.



FREE HEALTH SERIES

September 12th and October 10th at 4:30 pm

In September Dr. Shelly King, Chiropractor, will speak about **Osteoarthritis of the Spine** (a.k.a. Degenerative Disc Disease) which is a common cause of back and neck pain in people over 55. In this informative workshop, Dr. King will discuss the risk factors and ways to naturally manage the associated pain and stiffness, including diet, exercise, supplements, and therapies like chiropractic, massage, acupuncture, and laser.

In October, Jessica Arsenaault of Granite Willow Home Care in Westford, will be offering a **Virtual Dementia Tour** which is an 8-minute sensory experience of what it's like to walk in the shoes of someone with dementia. The program is limited to 12; please wear comfortable shoes and know that a strobe light will be used for a brief period. Sign up at 978-692-5523.

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

Monday, September 25th from 10am -2pm

Monday, October 30th from 10am -2pm

For \$15.00, A Spa for you will perform one of the following services: 15 Minute Chair Massage, 15 Minute Express Facial, 15 Minute Pedicure, or 15 Minute Manicure. All Services provided by Licensed Tech. Payment in cash due at time of the service. Any questions call Eleanor at A Spa for You at 978.486.8900. Sign up for an appt at the front desk 978.692.5523.

POLE WALKING for PEOPLE with PARKINSON'S & CARE PARTNERS

Emerson Health has launched a new free program for the Parkinson's community for Fall 2023-Spring 2024. The class is supported by a grant from the Parkinson's Foundation. Each session includes three consecutive Fridays from 12:00 PM to 1:00 PM. Participants must be able to walk independently or with a cane for at least 10 minutes. For information on eligibility for the class or any questions contact Heather Mistry, PT hmistry@emersonhosp.org or (978) 287-8213 and to sign up, www.emersonhospital.org/parkinsonsclasses

Health Insurance Information

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?

SHINE (Serving Health Insurance Needs of Everyone) can help! **Monday, September 11th and October 16th, 23rd, and 30th** 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. The SHINE Program 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 (and Westford resident)**, contact the Cameron Senior Center Front Desk at 978.692.5523. Appointments are typically 45 minutes.

LEARN ABOUT MEDICARE OPTIONS, October 3rd at 4:30 pm

Heather Hurd of BC/BS will be here before open enrollment to sign up for health insurance. She will discuss Medicare, Supplements and Medicare Advantage plans. Come bring your questions to better understand the differences. Please sign up at 978.692.5523.

Housing and Independent Living Resources

L.I.H.E.A.P. 'Tis the season to begin thinking about heating bills! If you are concerned about your ability to pay for heat this winter, consider applying for this federal fuel assistance benefit. The Massachusetts' home energy assistance program (LIHEAP) is a free resource, offered by Community Teamwork in partnership with the Department of Housing and Community Development, to help eligible households pay a portion of winter heating bills. No matter what type of heating source you have, LIHEAP may be able to help you pay your winter heating bills. All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance. You can apply directly through the Community Teamwork website or through Alison, Annette, and Jen B. at the senior center.

WHOLE FOODS/ TRADER JOE'S DISTRIBUTION

Mondays and Thursdays at 1:00 pm

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

WESTFORD FOOD PANTRY

The Westford Food Pantry, located on the first floor of the Cameron, is open **Wednesdays from 6-8 pm** and **Fridays from 9-11 am** www.westfordfoodpantry.org

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 HYGIENE PRODUCTS

If you could benefit from X Large depends, feminine pads, and/or bed liners please call the Outreach office at 978-399-2326.

VOLUNTEERS WANTED AND NEEDED!

If you are interested in volunteering please contact Katie Russell by email krussell@westfordma.gov, phone 978.496.6274 or pick up an application at the front desk.



Dining Options

BIRTHDAY CELEBRATION

Wednesday, September 20 at 12 pm

Vegetable Lasagna

Wednesday, October 18 at 12 pm

Roasted Pork Loin

Enjoy a birthday dessert after lunch as we celebrate our birthday

celebrants with a robust round of singing. To register please call 978.692.5523. Lunch and cupcakes will be provided by students of Nashoba Tech Culinary Arts Program. **Cost: \$10 and Birthday celebrant lunch is free.**



MEN'S BREAKFAST *

Come enjoy some interesting discussion and delicious breakfast prepared by several of our favorite breakfast chefs: Marcel Lacombe, Bob Benoit, John Lasna, and Dave Anderson. The chefs will prepare eggs, sausage, bacon, and potatoes with sides that include English muffins, fresh pastries, fruit salad, and, of course, beans! If you have any suggestions for upcoming speakers, please speak with Ken Hyle.

Monday, September 11th at 8 am

Joe Ponti will talk about the **Automation of Lighthouses.**

Monday, October 16th at 8 am

Ann C Westerheim, Ph.D from Ekaru, author of Cybersecurity for Main Street: Cyber Fit in 21 Days, will be presenting on **Everyday Cybersecurity.**

Cost is a \$4.00. RSVP to 978.692.5523

WOMEN'S BREAKFAST *

Gather with good company for a tasty meal and lively conversation! Wednesday, September 13th, at 9 am Detective Nicoletti and Lt. Gendron will talk about **Elder Scam Awareness** as there has been a rise in the number of cases.

Monday, October 23rd, at 9 am **Trudy's Fashion Show**

Call Katie if interested in modeling.

Cost is a \$4.00. RSVP to 978.692.5523

OPTIONAL PRE-BINGO LUNCH *

If you are interested in having lunch with your favorite BINGO friends, register for the following lunch offerings prepared by our very own BINGO chef, Mike Dyer

Friday September 1st at 12pm Hot Dogs & Hamburgers

Friday September 15th at 12pm Chef Salad

Friday October 6th at 12pm Hot Dogs & Hamburgers

Friday October 20th at 12pm English Muffin Pizzas

Pre-BINGO lunch cost: \$3.00 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 the Men's and Women's Breakfasts, BINGO lunches, the End of the Summer Party at Kimballs, and the Harvest Moon Festival!!**

END OF SUMMER PARTY AT KIMBALL FARM *

Friday, September 8th at 12pm

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 by Frank Sinatra Tribute by Brian Henderson. Meal options are Hamburger or Cheeseburger • Hot Dog • Veggie Burger. Call to register at 978.692.5523. **Cost is \$25**



HARVEST MOON FESTIVAL*

Tuesday, September 19

6:30-8:30pm at the **Tadmuck Housing Community Room**

Join us for an international, fun evening celebrating the autumn and moon. The Mid-Autumn Festival is the second grandest festival in China, and is also known as the Moon Festival, as the moon is at its roundest and brightest. To express thanks to the moon and celebrate the harvest, folks offered a sacrifice to the moon on autumn days. On the festival day, family members gather to appreciate the bright full moon, eat moon cakes, and express their longing toward family members and friends. **Cost is \$5.** Space is limited. Please sign up by calling 978.692.5523.

RESTAURANT REVIEW – 9/27 & 10/25

Be sure to mark your calendars for our next outings! Sept. 27th at 11:30 am - **Karma**, 174 Littleton Rd, Westford

Oct. 25th at 11:30 am - **The Elegant Chef**, Nashoba Tech High School, 100 Littleton Rd, Westford. Please pre-register at 978.692.5523 so we can call the restaurant with a head count for adequate seating.

When you arrive at the restaurant, check in under "Westford Senior Center". Please send restaurant suggestions to Annette at acerullo@westfordma.gov or 978.399.2326 Bon Appétit!

HAM & BEAN SUPPER

Saturday, November 18, at 5:30 pm

The Annual Ham and Bean Supper, sponsored by the Westford Firefighters Association, American Legion Post 159 and the Franco American Club, will be held at the **Franco-American Club**. There is **no charge** for dinner, but we encourage you to **bring an item for the Westford Food Pantry**. Please register at 978.692.5523 or sign up online.

JIM GERAGHTY'S FAMILY AND FRIENDS 26TH ANNUAL THANKSGIVING DINNER FOR WESTFORD SENIORS

Sunday, Nov. 19, at **Westford Academy**

A traditional Thanksgiving dinner will be prepared at Westford Academy, and it will be available as a sit-down dinner. The menu includes turkey and dressing, gravy, sweet potatoes, corn, pies, and more. **BINGO will be played from 10 am- 12 noon, with dinner served at 12:00.** To reserve, call The Cameron at 978.692.5523 or sign up online.



Van Trips

PARKERS MAPLE BARN Wednesday, September 6th at 8 am

Parker's Maple Barn has been a family establishment since the late 1960's. It has grown to become a very popular country restaurant serving a hearty breakfast, as well as lunch, now operated by the Roberts family for over thirty years. The Corn Crib Gift Shop features all of their maple products, along with beautiful gift baskets & boxes for all occasions, as well as many unique gifts. Parkers is located just over the Massachusetts' border in Mason, New Hampshire. Seating is limited, so please call to sign up at 978.692.5523. **The cost for transportation is only \$10.**

THE AMERICAN HERITAGE MUSEUM Friday Oct. 13th at 9:30 am

The American Heritage Museum at the Collings Foundation in Hudson, MA features the Jacques M. Littlefield Collection allowing you to explore major conflicts ranging from the Revolutionary War until today. After visiting the Museum we will stop at the New City Micro Creamery for Ice Cream. Seating is limited, so please call to sign up at 978.692.5523.

The cost for transportation and admission is \$30.

Day Trips

Listed below are upcoming Bus Trips provided by Best of Times Travel. Payment is due upon sign up. 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 W. Prescott Street. Please park at the rear of the lot.

THE McCARTNEY YEARS

Thursday, September 21st

Join Best of Times Travel for a live concert as a 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** which includes transportation to Danvers, MA, driver's gratuity, plated luncheon of either Corned Beef and Cabbage or Baked Schrod, lunch gratuity, and a show ticket. If you want more information email Katie at krussell@westfordma.gov Please call 978.692.5523 to sign up.

Please Make Check Payable To: Town of Westford.



TURKEY TRAIN

Thursday, October 5th

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 only 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. The cost of the trip is **\$154 per person** which includes Motorcoach Transportation, Lunch, Tax, Gratuity, and driver's gratuity. If you want more information email Katie at krussell@westfordma.gov Please call 978.692.5523 to sign up. **Please Make Check Payable To: Town of Westford.**



Community Resources

ASK THE ELDER SERVICES OFFICER

Thursday September 14th and October 12th at 11 am Stop in for a visit with our very own Detective Nicoletti. You don't need to have a crime/legal question to discuss. She is also open and interested in hearing from you about what is going on with the seniors and about any education you'd like her to provide.

SIT WITH THE STATE SENATOR STAFF MEMBER

Thursday, September 21st at 1:30 - 3:00 pm

Thursday, October 19th at 1:30 - 3:00 pm

The Cameron is glad to be able to offer office hours with a representative from the office of Senator John J. Cronin, Democrat, on the third Thursday of each month. Please feel free to speak about concerns, ask questions or just introduce yourself. Senator Cronin represents Worcester and Middlesex County.

VETERANS SERVICES

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

VET 2 VET

WITH WESTFORD'S RETIRED VETERAN'S AGENT AND WESTFORD RESIDENT, TERRY STADER

Tuesday, September 12th at 11am

Tuesday, October 10th at 11am

Are you a Veteran who has questions and would like to talk to another Veteran? Just give the Cameron a call at 978.692.5523 and sign-up for a one-on-one appointment with Terry.

ASK THE FIRE PREVENTION OFFICER

September 7th and October 12th at 11 am.

Ryan Monat, FF/Paramedic, Fire Prevention Officer & S.A.F.E. Officer from the Westford Fire Dept will be here at the Cameron once a month starting in September.

ASK THE LAWYER

Tuesday, September 5th beginning at 9:30 am

One on one appointments. Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Appointments are 30 mins each. Please call 978.692.5523 to reserve a time slot.

ASK THE REALTOR

with Kathy Cunningham of Coldwell Banker, Westford Monday, September 11th, and October 16th at 11:00 a.m.

To speak with Kathy about your personal real estate questions, call 978.692.5523 to schedule an appointment.

OUTREACH

One of our missions in the Outreach/Social Services dept is to help seniors stay safely in their homes as long as possible. Sometimes this means adding in home services like Meals on Wheels or a homemaker, suggesting adaptations to the home such as a ramp, grab bars or walk in shower; and reducing financial burdens, possibly with property tax relief and fuel assistance. Please reach out to us so that we can listen to your concerns and work with you to improve your living situation. We value our seniors and want to help you. Contact Outreach at 978-399-2326.

GRIEF SUPPORT GROUP – for folks 55+

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 feel heard, to learn about the grieving process and to obtain helpful coping materials and resources. These “drop in” groups are offered on the **2nd and 4th Thursday of every month at 4:00 pm** here at the Cameron. *However, please call to speak with Annette prior to your first visit.* There is no fee and no required attendance. Call Annette at 978.399.2326.

DEMENTIA CAREGIVER SUPPORT GROUP

September 26 and October 24 at 6 pm

Joanne Fontaine, RN and Lisa Sobhian, LICSW have been co-facilitating a support group for many years with the Alzheimer’s Association. Joanne is a Geriatric Care Manager, owner of Pro-Active Eldercare. Lisa is an Alzheimer’s Specialist and is currently the Director of Dementia Services and Social Services at D’Youville Life & Wellness Community. They took a short break in July and August, but will restart in September. The group will meet at Cameron on the **4th Tuesday of each month from 6-7PM.** Please call Lisa before attending your first meeting at 978.808.4246.

GAME NIGHT THURSDAYS 9/7 AND 10/5 at 4:30 pm *

Join us for an early evening of fun and laughter. All the games played are easy to learn. In September, we will play **Sequence** which is a cross between bingo, poker and a lot like Pokeno. In October, get ready to bump your friends off the board playing **Sorry!** **The cost is \$4.00** for refreshments and light meal. Please sign up in advance for planning purposes at 978.692.5523.

BOOK CLUB - TUESDAYS - 9/19 & 10/17 at 2:00 pm

Are you a reader who likes to talk about books? In September we will be discussing the 3rd book of a fiction trilogy, **The Summer’s End** by Mary Alice Monroe. In October we are honored to discuss one of our book club participant’s daughter’s new book, **Psyche & Eros** by Luna McNamara. You can get a book from us at the senior center or try on line i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978.399.2326

MOVIE SHOWINGS - THURSDAYS - 9/21 & 10/19 at 5:00 pm *

In September, join us for **Cocoon – the Return**, a funny and very moving sequel to the hit film **Cocoon**. The adventurous old-timers who left Earth for the alien utopia Antarea, return on a rescue mission. In October, we will be showing **Brooklyn**, the romance story of an Irish immigrant to America. Please call to sign up 3 days prior at 978-692-5523. Just **\$5.00** for a movie, popcorn, refreshments, and light meal!

***Special thanks to the Friends of the Cameron for their financial sponsorship of our Game Nights & Movie Nights!**

FALL YARD CLEANUP- SIGN UP BY Friday, September 29th

With autumn around the corner, it is time for us to start thinking about fall yard cleanups. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.* We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the list by **Friday, September 29th**. Please also note that many of the volunteer groups may not be able to get the work done until mid-November. Any questions, contact Annette 978.399.2326.

FRIENDLY VISITOR PROGRAM

The senior center is looking to re-start our Friendly Visitor program which took a hiatus during Covid. This program serves a crucial need for visits to homebound seniors in our community for companionship and conversation. 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 interested in volunteering for this program, please contact the Outreach department at 978.399.2326.

SEEKING SENIOR COMPANIONS & FOSTER GRANDPARENTS:

Community Teamwork of Lowell (CTI) sponsors these two programs. They are seeking folks to support our Westford residents. Senior Companions (SCP) are persons age 55 years or older who provide one on one companionship and services to frail or isolated elders, or to adults with disabilities personal attention and care each week to children with special or exceptional needs. The children are served in schools, day care programs, and other structured settings. Foster Grandparents offer support to child. Senior Companions help with personal needs and daily activities, including ensuring access to health care and other resources. Foster Grandparents (FGP) are persons age 55 years or older who provide victims of abuse and neglect, tutoring to children who lag in reading, and children with physical disabilities and severe illnesses. CTI offers benefits to both SCPs and FGPs including: training before and during their assignments, travel reimbursement, accident and liability insurance, recognition events, a tax-free hourly stipend, and PTO time (paid time off to include personal, vacation and sick leave), as well as a rewarding and enriching opportunity to make a real difference in the lives of seniors and children. Please consider these worthy opportunities to serve others. Email Mary Donnelly at CTI for information: MDonnelly@commteam.org

VOLUNTEERS WANTED AND NEEDED!



If you are interested in volunteering please contact Katie Russell by email krussell@westfordma.gov, phone 978.496.6274 or pick up an application at the front desk.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| September 2023 | | | | 1 8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO |
| 4 CENTER CLOSED LABOR DAY | 5 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 9:30 Ask the Lawyer 10:00 Adv Mind Mvmt 10:15 Chair Movement 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 6:00 Kiwanis Cookout | 6 8:00 Parkers Maple Barn 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry | 7 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 11:00 Ask the Fire Prev. Ofc. 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Piano Lessons 4:30 Game Night 6:00 Tai Chi / Qigong | 8 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 @Kimballs Party |
| 11 8:00 Men’s Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 11:00 Ask the Realtor 11:00 Meditation 12:00 Gentle Yoga 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong | 12 9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 11:00 Vet to Vet 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:30 Health Series | 13 8:00 Women’s Breakfast 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry | 14 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Grief Support 4:00 Piano Lessons 6:00 Tai Chi / Qigong | 15 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO |
| 18 9:30 Bone Builders 10:00 Sewing 12:00 Gentle Yoga 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong | 19 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 Straw. Shortcake w/Hal 2:00 Ping Pong 2:00 Book Club 6:30 Harv. Moon @ Tadmuck | 20 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:00 Birthday Lunch 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry | 21 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:00 Whole Foods/TJs 1:30 State Senate Staff 2:00 Bridge 4:00 Piano Lessons 5:00 Movie Night 6:00 Tai Chi / Qigong | 22 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 1:00 Delvena Theater |
| 25 9:30 Bone Builders 10:00 Sewing 10:00 A Spa for You 12:00 Gentle Yoga 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong | 26 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 5:00 Dinner with Donna 6:00 Dementia Caregiver | 27 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 11:30 Restaurant Rev 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry | 28 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Grief Support 4:00 Piano Lessons 6:00 Tai Chi / Qigong | 29 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 FISH FRY |

**Library, Billiards Room, Computer Room open 8:00 am - 3:45 pm daily,
Fitness Center open M, W & F 8:00 am - 3:45 pm , Tuesdays & Thursdays 8:00 am - 7:45 pm
Trudy’s Boutique open daily from 9am - 3pm**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---|--|---|---|--|-----------------------|
| 2 9:30 Bone Builders 10:00 Sewing 12:00 Gentle Yoga 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong | 3 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 4:30 Medicare Options | 4 7:15 FOXWOODS TRIP 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry | 5 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:00 Whole Foods/TJs 2:00 Bridge 4:30 Game Night 6:00 Tai Chi / Qigong | 6 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO | |
| 9 CENTER CLOSED INDIGENOUS PEOPLES' DAY | 10 9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 11:00 Vet to Vet 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:30 Health Series 5:30 Night Yoga | 11 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry | 12 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 11:00 Ask the Detective 11:00 Ask the Fire Prev.Ofc. 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:00 Whole Foods/TJs 2:00 Bridge 4:00 Grief Support 6:00 Tai Chi / Qigong | 13 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 9:30 Amer. Her. Museum | |
| 16 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 11:00 Ask the Realtor 11:00 Meditation 12:00 Gentle Yoga 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong | 17 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 2:00 Book Club 5:30 Night Yoga | 18 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:00 Birthday Lunch 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry | 19 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolors 1:00 Whole Foods/TJs 1:30 State Senate Staff 2:00 Bridge 5:00 Movie Night 6:00 Tai Chi / Qigong | 20 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO | |
| 23 9:00 Women's Breakfast 9:30 Bone Builders 10:00 Sewing 12:00 Gentle Yoga 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong | 24 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 5:30 Night Yoga 6:00 Dementia Caregiver | 25 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 11:30 Restaurant Rev 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry | 26 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 Grief Support 6:00 Tai Chi / Qigong | 27 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 1:30 Trivia-a Go-Go | |
| 30 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 10:00 A Spa for You 12:00 Gentle Yoga 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong | 31 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 5:30 Halloween Party |  | | | <h1>October 2023</h1> |

Library, Billiards Room, Computer Room open 8:00 am - 3:45 pm daily,
 Fitness Center open M, W & F 8:00 am - 3:45 pm, Tuesdays & Thursdays 8:00 am - 7:45 pm
 Trudy's Boutique open daily from 9am - 3pm

Games

CARD GAMES

Come play cards at the Cameron
Cribbage on Wednesday at 12:30 pm
Hand and Foot on Thursdays at 12:30 pm
Bridge on Thursdays at 2:00 pm
 Please register for selected card game(s) at the front desk at 978.692.5523. If there is a cancellation; we can notify you by phone.



MONDAY BINGO

Mondays at 1pm
 Join us at the Cameron for some BINGO Fun! \$1 to buy a colored dobber. \$3 per paper BINGO sheet that has 3 BINGO games on a card. Also bring a quarter for the Hot Ball Game. Sign up at 978.692.5523.

SPECIAL FRIDAYS BINGO

Friday BINGO games start at 1pm. BINGO is on certain Fridays in September and October which include:
September 1, September 15, October 6, and October 20!
We will be using the BINGO Rose system to run BINGO. BINGO supplies can be purchased which include: colored dobber. \$1.00 and \$3.00 BINGO sheet which includes 3 BINGO games on a card. Also don't forget to bring a quarter for the Hot Ball Game.

KINDNESS SPOTLIGHT

On a warm evening in June, we had the unexpected pleasure of meeting eleven year old **Ajan Vimalan** and his two younger sisters, **Abhi** (7 years old) and **Anu** (5 years old) from Westford. Their parents, Tharani and Vimal Rajalingam have talked to their children about the *Westford Food Pantry*, and the family has made it a point to contribute periodically through the school donation drives and at other times throughout the year. They teach their children that it is important to give to others who may be going through a difficult time. Ajan was planning to have his birthday party, and Tharani and Vimal thought it would be a good opportunity to give again. Ajan asked all the kids that were invited to his birthday party NOT to bring him a birthday gift, but instead, to bring a donation to the Westford Food Pantry (WFP). He asked them to just come to his party and play his favorite sport with him. . . SOCCER! He had all his friends over to play, and brought in a HUGE donation of much needed items to the WFP! **Thank you Ajan and family!**



Pictured: Ajan Vimalan (center) and his sisters, Abhi (left) and Anu (right)



Friends Corner

I hope everyone had a great summer despite the rain.



Calling all crafters and other vendors. The Friends are in the process of planning for a Fall Harvest Fair which will take place on Wednesday, October 25, from 10:00 am to 3:00 pm. Table rentals will be \$15.00 with chairs and tablecloths provided. If interested in renting a table for the Harvest Fair, please leave contact information at the Cameron front desk or email patreppucci@comcast.net

Plans are also underway for an online auction, and dining for a cause, dates to be announced.

The Friends very successful gift card program will be offered earlier this year starting at the end of September.

Gentle reminder if you have not renewed your annual membership, please consider doing so. Annual memberships run from July 1, 2023, through June 30, 2024. Members receive discounted rates on special events throughout the year. Memberships and donations are critical in helping fund ongoing programs.

Pat Reppucci, President, Friends of the Cameron

<https://westfordmafriendsofcameron.com/>

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



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Electronics & More Collection September 23rd 9am - 1pm Westford Highway Garage, 28 North Street, Westford, MA



This is a twice per year fee-based collection **FOR WESTFORD RESIDENTS ONLY. CASH OR CHECK ONLY** For traffic safety reasons, entry to the access road off of North Street will not be allowed until 8:45 AM. The April 2023 Event collected **27,770 LBS** of material! There were nearly **450** vehicles participating in that event! Let's top that in September!!!!

Many items will be accepted at no cost. Some items are accepted for a fee. Some items are not accepted. If you have any questions about what is accepted, please feel free to give Northeast Materials Handling a call at 978-772-4545 or Email: Francine@liquidatedstuff.com

DON'T MISS THIS CHANCE TO RECYCLE SOME ELECTRONICS THAT ARE TAKING UP SPACE AT YOUR HOUSE OR IN YOUR GARAGE!

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

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- Nancy Cook, Chair
- Robert Tierney, Vice Chair
- Kathryn Wilson, Clerk
- Sandra Collins
- Patricia Holmes
- Terry Stader
- Barbara Upperman

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- Donna Owens, Vice President
- Kevin McGuire, Treasurer
- Lynne Stader, Asst. Treasurer
- Katharine Karr, Secretary
- Gail Austin
- Terry Cryan
- Frances Kosenko
- Janine Nichipor
- Christine Robinson



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/>

BOARD MEETINGS

COA Board Sept. 20 and Oct. 18 at 4 pm Friends Board Sept. 21 and Oct. 19 at 10 am



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Carrie Hines M 978.505.1678

carrie.hines@compass.com

Nancy Allam M 978.505.8865

nancy.allam@compass.com

Arts and Crafts

OPEN ART STUDIO

Tuesdays 1 pm – 3 pm

Do you have projects that you are working on, but also would enjoy some comradery with others while painting your artistic masterpiece? If so, Open Art Studio may just be the place for you. Drop ins are always welcome.



SEWING & QUILTING CLUBS

Mondays 10 am – 1 pm

Tuesdays 9 am – 11 am

Please come in and enjoy working on your quilting and sewing projects with other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Pick-up or share some helpful project tips and just enjoy some creative fellowship!



KNITTING AND CROCHETING

Wednesdays, 1:30 pm -3 pm

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!



BASIC WATERCOLOR PAINTING WITH PAULA MINGOLELLI

Thursdays from 1 pm - 3 pm

6 weeks from September 14 — October 19

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 size is limited. Cost: \$90 for Westford residents and \$110 for others. Please request watercolor supply list once you pay for the class. **A special thanks to the Friends of the Cameron for helping to subsidize this class.**

ZENTANGLE

Wednesday 10 am -11:30 am for 8 weeks Starting September 6th

Instructor: Nancy Fillip

Zentangle has taken the world by storm, and if you can hold a pen, you will love doing this form of art. Zentangle is an easy, fun, and very relaxing form of art where you create beautiful images by drawing structured patterns called *Tangles* using a micron pen. Tangles are a combination of lines, dots, curves, and orbs. No artistic skills are necessary to be successful in completing daily projects and all supplies will be provided to participate. **Cost of this class will be \$24.** Please sign up by calling the front desk at 978.692.5523.



Social and Enrichment Activities

THE UPBEATS—THURSDAYS AT 10 am

Are you experienced at playing an instrument? Our house band, the UPBEATS, practices each **Thursday morning at 10 am**. Feel free to bring your instrument, and enjoy this talented group of musicians.

MUSIC MAKERS IS BACK! FRIDAYS AT 9 am

Come one! Come all! Come and sing with the Music Makers on **Fridays at 9 am**, beginning on September 8th. We hope to welcome returning singers, as well as folks who would like to enjoy a musical morning. Tom Boyer will be back to lead the effort. We hope to see you then.

FREE PIANO LESSONS

Meaghan Lu, a WA Student, is volunteering her time on Thursday evenings to provide piano lessons. Call 978.727.7396 to set up.

ARE YOU INTERESTED IN LEARNING A NEW LANGUAGE?

If you are interested in learning French? Or do you want to brush up on some older skills? Or do you want to just try something new? Let Katie know by email at kRussell@westfordma.gov or by phone 978.399.2330 for more information.

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, September 19th**, and **Tuesday, October 17th**, at **7:30 pm**. You can get more information about the club and the hobby at the club's website (www.wb1gof.org), or send an email to k1ig@arrl.org.

Social Fitness Activities

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. Just see the front desk to request it. Many people have a lot of questions regarding pickleball. 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>

TUESDAY GOLF AT QUAIL RIDGE

354 Great Rd, Acton MA Tuesdays beginning at 7:30am. Runs through 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.



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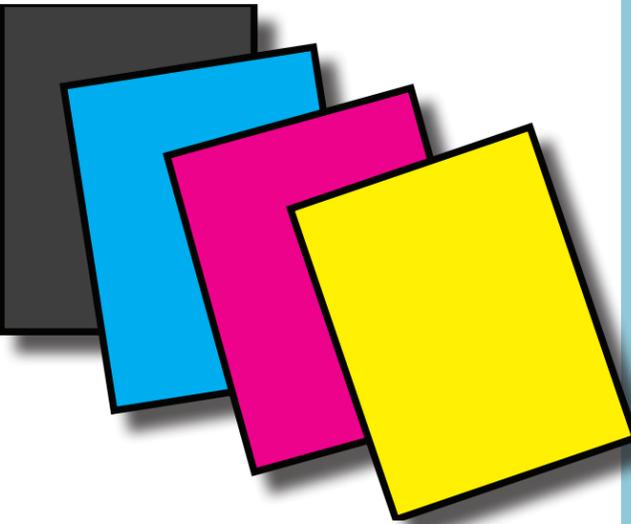


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BRAIN GAMES

Answer to Sudoku

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

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

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

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CROSSWORD PUZZLE

ACROSS

- 1 Son of Abijah
- 4 Portion
- 8 Female
- 12 Own (Scott.)
- 13 Hindu stringed instrument
- 14 Toward shelter
- 15 Sheep disease
- 16 Sprit (2 words)
- 18 Camelot lady
- 20 Varnish ingredient
- 21 Straw braid
- 25 Confusion
- 29 Occasional
- 32 Counsel
- 33 Rocket fuel
- 34 Friend of Pythias
- 36 Turk. title
- 37 Galatea's beloved
- 39 Redo
- 41 Pleasant-smelling bean
- 43 Tooth pulp
- 44 Mountain on Crete

DOWN

- 1 Rhine tributary
- 2 Condition (suf.)
- 3 Serum
- 4 Television channel
- 5 Objective
- 6 Genetic letters
- 7 Lofty
- 8 Chilean volcano
- 9 Peak
- 10 Body of water
- 11 Serum (pref.)

ANSWER TO PREVIOUS PUZZLE

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| B | A | C | K | A | G | O | W | R | A | P |
| O | P | E | A | L | E | A | I | A | M | B |
| N | I | B | K | I | T | H | D | I | B | S |
| N | A | U | R | U | E | D | E | N | | |
| | | | U | R | G | E | | | U | N |
| | | | | | | | | | | |
| W | I | S | E | R | A | F | F | O | C | A |
| R | P | M | | C | O | V | E | | A | T |
| A | S | A | | O | G | E | E | | E | T |
| P | E | L | E | E | | S | L | A | P | |
| | | | L | A | L | O | | L | A | M |
| B | E | E | | G | O | A | L | A | D | C |
| A | B | E | L | R | A | N | A | C | E | A |
| A | B | L | | E | T | A | H | | H | A |

ANSWER TO PREVIOUS PUZZLE

| | | | | | | | | | | | | |
|----|----|----|--|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | | 4 | 5 | 6 | 7 | | 8 | 9 | 10 | 11 |
| 12 | | | | 13 | | | | | 14 | | | |
| 15 | | | | 16 | | | | | 17 | | | |
| 18 | | | | 19 | | | 20 | | | | | |
| | | 21 | | 22 | 23 | 24 | | 25 | | 26 | 27 | 28 |
| 29 | 30 | | | | | | | 31 | | 32 | | |
| 33 | | | | 34 | | | | 35 | | 36 | | |
| 37 | | | | 38 | | | 39 | | | 40 | | |
| 41 | | | | 42 | | | 43 | | | | | |
| | | | | 44 | | | 45 | | 46 | | 47 | 48 |
| 49 | 50 | 51 | | | | | 52 | 53 | 54 | | 55 | |
| 56 | | | | | | | 57 | | | 58 | | |
| 59 | | | | | | | 60 | | | 61 | | |

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ENIGMA™
CRYPTOGRAM

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

"GQQN DYSR CQQU YE UVQ JRYSEW
LEW DYSR UVYSJVUF LU MYCUD
VQPJVUF."
— NQLBQ NPMJRPA

PREVIOUS SOLUTION: "Broad-mindedness is the result of flattening high-mindedness out." — George Santayana

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