

AT THE CAMERON

VETERANS BREAKFAST

Thursday, November 9th at 8:00am
at The Forge Village Breakfast Restaurant.

In honor of Veterans Day, Westford Veterans and their spouses are invited for a **complimentary** buffet breakfast. We would like to thank our wonderful sponsors, The American Legion Post 159, VFW Mattawanakee Post 6539, Nab Legion Post 437, Westford Remembers, and the Friends of the Cameron Senior Center for helping to make this wonderful event possible. Please Sign up at 978.692.5523 or online.



DINNER with DONNA and PIANO MUSIC

Tuesday, November 28th at 5 pm

After turkey for Thanksgiving, Donna will treat us to a tasty baked ziti meal with meatballs, garlic bread and dessert. We are fortunate to have **Tom Boyer**, our Music Maker's Choir Director, to perform **background piano music**. He accepts song requests too! Be sure to sign up quickly at 978.692.5523.



We can accommodate **40 people for the meal and entertainment at \$10 each**, and another **30 people for just the entertainment at \$5 each**.

Much thanks to the Friends of the Cameron for subsidizing this event.

SPECIAL TOWN MANAGER AND SELECT BOARD HOLIDAY BREAKFAST

Wednesday, December 6th at 8:30 am

We are happy to honor Kristen Las at her first holiday breakfast with us as our Town Manager. The menu that Kristen had selected will include blueberry pancakes, scrambled eggs, home fries, sausage, fruit salad and pastries. This wonderful array of festive foods will be prepared by our Town Manager and her staff and the members of the Select Board. Please RSVP early online or by phone at 978.692.5523 because it will fill quickly. **FREE**



FRIENDS OF THE POOR WALK - Friday November 10th at 9:00 am

The Westford Friends of the Poor Committee will be having their annual walk leaving St. Catherine's at 9:00 am. This walk raises funds for the local charity St. Vincent de Paul (SVdP) that helps so many residents. The 300 walkers have passed by the Cameron for the last 13 years and appreciate our advertising, water station and rest room stop. Call Ann Healy at St. Catherine's for more information. 978.692.6353.



HOLIDAY LUNCHEON AT THE WESTFORD REGENCY

Friday, December 15th at 11:45 am

We are happy to share with you an opportunity to stroll through the Festival of Trees while enjoying the music of our very own 'Upbeats Band' playing many traditional holiday favorites starting at 10:30 am prior to lunch. You will see many beautifully decorated Christmas trees and wreaths. Once again, we will enjoy the performance of the talented **Westford Academy Honor's Chorus**. Holiday menu: salad, chicken parmesan, starch and vegetable, holiday dessert, tea, & coffee. **Reservations required by Dec. 5th. Limited Seating.** Call 978.692.5523. Transportation will be provided, just call 978.399.2322 to reserve your van seat. **Cost: Friends members \$15, non-Friends members \$29.**



HOLIDAY ASSISTANCE PROGRAM:

The Cameron Senior Center is partnering with St. Vincent de Paul (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. This program also helps families with children 18 years old and younger provide gifts. If you are interested in donating to the program, please contact Karen Heitkamp at kheitkamp@westfordma.gov.



Inclement Weather Policy (Yikes, it's that time again!) The Cameron follows the same inclement weather procedure as Town Hall. For updated weather information, please go to <https://westfordma.gov> or call the Cameron at 978.692.5523 after 6:30AM to receive current information.



Director's Report ...

Strategic Planning and more. . .

With the support of the Council on Aging Board, Town Manager and Executive Office of Elder Affairs, we have begun a three-year Strategic Planning process under the guidance of Mihran Keoseian, Consultant and Founder of Key Solutions, Groton. To assist in this planning process, two working groups have been formed; The S.W.O.T (Strengths, Weaknesses, Opportunities and Threats) Working Group and The Strategic Working Group.



The S.W.O.T (Strengths, Weaknesses, Opportunities and Threats) Working Group has begun the first tier of strategic planning focusing on Strengths, Weaknesses, Opportunities and Threats of Westford's older adult population, age 55+, with emphasis on projected growth, program, service and infrastructural needs. Members of the SWOT Committee include Gail Austin, COA Volunteer and Friends of the Cameron Board Member, Alison Christopher, Town Social Worker, Terry Cryan, Friends of the Cameron Board, Gail Johnson, Town Nurse, Joe Lapiano, Community Volunteer, Robert Rafferty, COA Transportation Dispatcher, Katie Russell, COA Program Coordinator, Dennis Smith, Community Volunteer and Friends of the Cameron Board Member, Terry Stader, COA Board member and former Town Veteran Agent and Barbara Upperman, COA Board Member.

The Strategic Working Group will focus it's effort on assessing mission/vision statement of COA, goal setting and planning for projected growth, delivery of services/programs, diversity/inclusion and goal setting over the course of next three years. Members of the Strategic Committee include Claire France COA, Record Supervisor, Eric Heidman, Assistant Town Manager, Ken Hyle, Retired Auditor and Community Volunteer, Katherine Karr, Friends of the Cameron Board Member, Ragi Ramachandran, Public Administration and Affordable Housing Trust Board Member, Hal Schreiber, Former Select Board Member and Community Volunteer, Peggy Siegel, Retired Psychiatric Nurse and Terry Stader, Retired Westford Veteran Town Agent and COA Board Member. We anticipate the Strategic Working Group to begin their work in January 2024. Please be mindful of this opportunity before us, and when given the chance to contribute your voice, please do so ensuring an optimal three-year strategic plan to support our Town's increasing older adult population and infrastructural needs.

Going forward together,

Jennifer Claro

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.

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 aged 70+, so we are trying to explore alternative ways to reach the 55-69-year-olds and better meet their needs. We 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 new volunteer opportunity, please contact Annette in the Outreach office, 978.399.2326. Thank you for your consideration!

Town of Westford Sustainability Department Update: Be sure to stay up to date with the work of Westford's Sustainability Department. Please reference <https://www.westfordma.gov/1497/Sustainability> for recordings and to sign up for the Sustainability newsletter for more information, financial resources and event announcements. The next Neighbor to Neighbor event will be offered in two parts in November: a discussion of the EV purchasing decision and associated rebates, and a show and tell, touch the EV session with current owners. On **December 2nd**, they hope to tempt you with an induction cooktop demonstration and other sustainable gift giving ideas at the **Westford Academy Bazaar**. Come say hello and hear about how to treat yourself and protect the planet this holiday season!

This newsletter is made possible with the support of our annual **Formula grant from the **Executive Office of Elder Affairs**.**

Congratulations to Bob Rafferty!



Our Transportation Program now has a certified trainer, **Robert Rafferty, Transportation Dispatcher** who successfully completed a MassDOT Driver Training: Train the Trainer. This certification will allow our new and more tenured drivers to receive training on-site at the Cameron, using our own vans and a knowledgeable and thorough instructor. We are proud of Bob for achieving this accomplishment. This will ensure that our terrific drivers have the most current and mandatory trainings required by our Lowell Regional Transit Authority which include Passenger Assistance Training, Disability Awareness and Accessible Lift classes.

Cameron Senior Center receives TCE Recognition

Pictured is Hal Schreiber presenting a Department of Treasury appreciation recognition to the Cameron for thirty years of outstanding service for the **Tax Counseling for the Elderly (TCE)** program managed in partnership with Hal Schreiber. More than sixty residents were in attendance to celebrate this occasion with Hal while enjoying strawberry shortcake. This annual tax return preparation outreach service is truly appreciated. In 2023 alone, Hal completed 385 federal returns and 398 state returns. To learn more, feel free to call the Cameron at 978.692.5523.



Safety Workshop: How to Evacuate the Cameron in a Fire/Emergency on November 14th at 2:00 pm

We are fortunate to have **Ryan Monat, Fire Prevention/Code Enforcement Officer**, joining us to discuss the evacuation process if a fire and/or emergency should occur while one is visiting the Cameron. Also, you will learn how your COA staff will assist you during such an event. This will be an opportune time to walk through the center to familiarize yourself with the evacuation signage and exits. A Question & Answer session will follow the presentation. A special thank you to **Michael Denehy**, Deputy Fire Chief and **Ryan Monat**, Fire Prevention Officer who helped create an updated evacuation plan for our center. We were fortunate to have **Chris Coutu**, Town GIS Coordinator who made evacuation maps for each floor of the center capturing much detailed information. Enjoy Ryan's favorite dessert, **Crème Brulee made by the Elegant Chef** after this presentation.



Special Needs Registry

Don't forget the Town has an a **Special Needs Registry Application** that is for households that have special medical needs which require critical supports and/or special attention if an emergency should occur such as power outage, evacuation, no immediate family support, etc.. This registry isn't applicable for those in a assisted living/rehab setting. For more information or to pick up an application please call 978.692.5523 and ask to speak to social services or call the health department at 978.692.5509.

Learn more about CTI's AmeriCorps Seniors Programs!

Tuesday, November 28th at 1:00 pm

Community Teamwork's Mary Donnelly, Lead Coordinator, will be here to discuss the **Senior Companion Program (SGP)** and **Foster Grandparent Program (FGP)**, both stipend programs, and **RSVP (Retired Senior Volunteer Program)**, which is not a stipend program. These are valuable volunteer opportunities to serve local seniors and children. Please call 978.692.5523 to sign up. If you have any questions ask to speak with Annette.

BURIED IN TREASURE (BIT) WORKSHOP

Begins **Thursday, January 11th 1:00 – 3:00 pm, 15 weeks**

This is a relaxed, nonjudgmental program that teaches you how to build insight, skills and strategies to help declutter, get organized and reduce acquiring. The program addresses all clutter levels, from just a few messy areas to excessive collecting to hoarding tendencies/ disorder. **Class and workbook are free.** This will be a closed group; you must register in advance. Facilitated by Brittany Nash, Gail Johnson and Nicole Laviolette Registration – Brittany Nash, bnash@westfordma.gov or 978.399.2564.

BOOK CLUB – TUESDAYS—11/21 & 12/19 at 2:00 pm

Are you a reader who likes to talk about books? In November we will be discussing **The Kite Runner** by Khaled Hosseini. It is a story about the unlikely friendship between a wealthy boy and the son of his father's servant. You can get a book from us at the senior center or try online with Libby, Kindle, or Hoopla. In December we will be having a small holiday party, suggesting book ideas for 2024 and swapping any books you'd like to bring. Happy Reading! Annette 978.399.2326.



THANK YOU from Claire!

Our recent Live Theatre performance by Delvena Theatre of "Nun of This and Nun of That!" was a wonderfully funny, joyful look back to the Class of 1957! Thank you to Delvena Theatre for a terrific show. I would especially like to thank the group of volunteers who helped scoop ice cream for the traditional after-show root beer floats! Gail Brown, Kathy Wilson, Doris Trainor, Edna MacNeil and Terry Cryan who helped to make everything a lot easier! Thanks to all! *Claire*



THANKS TO SO MANY!

The Outreach staff would like to extend many thanks to several groups! We want to thank all of our Fall Cleanup volunteers who helped Westford seniors. These volunteers included local scout groups, church groups, businesses and students who all gave of their time to neaten folks' yards. In addition, our staff gives a very large THANK YOU to the Concord **Gaining Ground Produce Program** that provided us with six months of FREE organic vegetables for low-income residents. This program would not have been possible without support of the Westford Housing Authority and the dedicated weekly help of the BEST volunteers: Mike Dyer, Ed DeMarino, Yvonne Gervais, Chuck Dutton, Dennis and Shirley Smith, and Bill and Mary Bowser. THANK YOU ALL!



Reminders!!

Daylight Savings Time—Fall Back!

Turn your clocks back one hour Sun. **Nov. 5th** at 2 am.



The Cameron Center will be **CLOSED** on Friday, **November 10th** in observance of **Veterans Day**.

The Cameron Center will be **CLOSED** for Thanksgiving on Thursday, **November 23rd** and Friday **November 24th!**



We will be **CLOSED** on Monday **December 25th** for **Christmas** and Monday, **January 1st**



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, November 7th - December 26th

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 November 9th - January 4th

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.



CHAIR MOVEMENT with CAROL WING

Tuesdays November 7th - December 26th

Thursdays November 2nd - December 28th

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 November 7th - December 26th

Thursdays November 2nd - December 28th

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 Tuesday, November 7th

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**. Please note that the class fee has increased due to off-premises location/instruction and depletion of COVID grant funding. 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

Wednesdays at 9 am

Eight weeks beginning November 8th

Class Location: Well-Being Fitness Gym (see description of location and class for two session class above).

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 November 6th

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

INTERMEDIATE YOGA

Wednesdays at 11am

7 weeks starting November 8th

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



GUIDED MEDITATION WITH BRITTANY

Monday, November 13th and Monday, December 13th 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.



FALL PREVENTION PRESENTATION

Wednesday, December 13th at 2 pm

Join the Town of Westford's Public Nurse Gail Johnson for a presentation on the importance of fall prevention which is extra important this time of year as the weather creates several fall hazards. Please call the front desk at 978.692.5523 or sign up online.

Health and Wellness Offerings— Clinics, Screenings and More

HEARING SCREENING

Monday, November 13th, and December 11th 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, November 14th and December 12th 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.

ADULT MENTAL HEALTH FIRST AID TRAINING

Two half day trainings:

Thursday, November 9th 9:00 am – 12:00 noon and

Thursday, November 16th 9:00 am – 12:00 noon

This training teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among adults. Requires two hours of pre work. If you need assistance with completing the pre work, Nicole and Brittany will be available at the COA on November 2nd 9:00 – 12:00. Training will be held at the COA library. To register, contact [Nicole Laviolette, nlaviolette@westfordma.gov](mailto:nlaviolette@westfordma.gov) or 978.399.2503

LEARN ABOUT MEDICARE OPTIONS, November 7 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.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?

SHINE (Serving Health Insurance Needs of Everyone) can help!

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 (Serving the Health Insurance Needs of Everyone) 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 \(Westford resident\)](#) contact the Cameron Front Desk at 978.692.5523. Appointments are typically 45 minutes.

Mondays, November 6th, 13th, 27th and December 4th by appointment.

IMPORTANT MENTAL HEALTH INFORMATION

After December 2023, the Town will no longer be contracting with Interface Referral Service to provide assistance locating mental health clinicians. Instead, you can call or text the new Massachusetts Behavioral Health Helpline. The Massachusetts Behavioral Health Help Line (BHHL) is available to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, their staff can help guide you. Call 833.773.2445

- It's free, confidential, and no health insurance is required.
- Real-time interpretation in 200+ languages.
- Deaf or hard of hearing? Contact [MassRelay at 711](#), or use your video relay or caption provider of choice. They are available 24/7 365 days a year.

FREE NARCAN KITS

Naloxone also called Narcan is a medication that can reverse an opioid overdose. Narcan can reverse an opioid overdose in 3 to 5 minutes. Narcan lasts 30-90 minutes and blocks opioids from brain receptors. Narcan is not dangerous if administered to a person who is not overdosing, and it has no potential for abuse. Free Narcan kits are available at the Westford Health Department Office in Town Hall, 2nd floor, 55 Main St. during regular business hours: Monday-Friday 8 am- 4 pm. Community members interested in obtaining a Narcan kit must review the instructional materials on how to administer Narcan. Westford Health Department staff will assist with any additional questions. You may contact the Westford Health Department at 978.692.5509

FREE HEALTH SERIES

TUESDAY December 12th at 4:30 pm

We are fortunate to have Anna Sarno Ryan, MD, semi-retired **Dermatologist** and Westford resident, to talk about skin care. She will give you clues on what to look for regarding skin cancers, and tips on how to care for mature skin, especially in the upcoming drier winter weather. Learn how to prevent "winter itch". Come with questions! Sign up at 978.692.5523.

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

Monday, November 27th from 10 am -2 pm

Monday, December 11th from 10 am -2 pm

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.

KEYSAFE LOCK BOXES

This program with the Westford Fire Dept. has been a huge success with over 60 lock boxes installed at senior's homes. If you live alone, have medical issues or frequently need to call 911, then you are a candidate for a keysafe lock box. The heavy-duty metal box is installed on the outside of your home and it has a keypad with a code to access a key inside the box. The fire department, your neighbors, and family can have the code to prevent damaging your home to enter in an emergency. For more information or to sign up for the program call Annette at 978.399.2326.

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 The Westford Food Pantry has a tremendous variety of fresh, frozen and non-perishable food, as well as some personal hygiene items.



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.

SOCIAL SERVICES AND OUTREACH NEWS

OUTREACH

Do you know the town issues that may impact your life? Do you stay informed on town politics? We encourage you to advocate for yourself, stay current with local topics and express your opinions. Town discussions on housing, property taxes, recycling/trash contracts, electric supplier contracts, the town budget and more may be of interest to you. How do you do this? There are several ways to learn about town happenings: read the town manager's monthly newsletter; sign up to receive emails from town organizations like the Select Board, School Committee, Health Department and COA (Council On Aging); attend Town Meetings, strategic planning meetings and committee meetings; watch local cable TV, WestfordCAT, or go to their website, and read local newspapers like *The Eagle Independent* or *The Lowell Sun*. Be an involved resident. Your senior citizen voice matters! Annette and Jen B are your Outreach staff members. 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 - 11/28 & 12/26 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. 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.

DID YOU KNOW?

November is National Family Caregiver month. Families are the primary source of support for older adults and people with disabilities in the U.S. Many caregivers work and provide care, experiencing conflicts between competing responsibilities. Research indicates caregiving also takes a significant emotional, physical, and financial toll. With nearly half of all caregivers over age 50, many are vulnerable to a decline in their own health. Studies show that coordinated support services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, which avoids or delays the need for costly institutional care. If you are a caregiver, please know that resources and supports are available through the Cameron Senior Center. Please call Annette or Jen at 978.399.2326 to learn more.

SNOW REMOVAL

As the colder weather approaches, we all begin to think about preparing for the winter. Many folks ask if we know of people who can help with snow removal. Unfortunately, this is one of the hardest needs for which to find volunteers. There are a few companies in the area that provide snowplow services, and we create a list every year with their contact information. However, we do not endorse any one over another. A list can be emailed to you or picked up at the center. Other options are to check with your church, the local classifieds, and your neighbors. If you would like to discuss this further, please call Annette or Jen at 978.399.2326.

PROPERTY TAX EXEMPTIONS – Are you eligible?

The town of Westford has several property tax exemptions for senior residents: the low income, blind, disabled, veterans and more. You may be eligible for a tax break. If you are interested in learning more about your options, you can call the Assessor's office at 978.692.5504 or call Annette/Jen to review them at 978.399.2326.

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.

Household Size	Maximum Income Level
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

OTHER FINANCIAL ASSISTANCE:

We realize that costs have increased significantly. If you are a low-moderate income household and are struggling with heating bills, there are additional resources in addition to LIHEAP. We have received renewed ARPA funding through the town to assist financially qualified households with mortgage/rent/utility payments. The funding is limited, and applications are taken on a first come first served basis. If you have questions about the program or may want to apply, call Alison at 978.399.2325

The Friends of Cameron also have an emergency fund for senior households in need of short-term assistance with heating costs or other emergency expenses. There are a few local charities who also work with us to assist seniors experiencing financial hardship with critical expenses. Please call Alison to learn more about these options at 978-399-2325.

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>

Community Resources

SAND BUCKETS

If you need a free bucket of sand to be delivered to your home for the coming winter months, please call 978-692-5523 to get on a list. Many thanks to the Westford Police for providing this service!

WESTFORD POWER OPTIONS PROGRAM (POP) Update

The town's 3-year contract with electric supplier, Constellation, is ending this December, but we have renewed with them for another 2 years. If you are currently in the program, you do not need to do anything, and you will automatically be rolled into the new contract for 2024 and 2025. You will see an increase in the rates per kw, however these rates are locked in for 2 years. They are still better than many suppliers are offering. National Grid will continue to deliver your electricity and bill you, However, the supplier will still be Constellation for those already enrolled or those who want to switch to Constellation. You will receive a notice from the town explaining the process, and if you have any questions, feel free to call Annette or Jen to explain at 978-399-2326.

ASK THE ELDER SERVICES OFFICER

Thursdays November 9th and December 14th 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 seniors and about any education you'd like her to provide.

SIT WITH THE STATE SENATOR STAFF MEMBER

Thursdays November 16th and December 21st 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

Tuesdays November 14th and December 12th at 11am

With Westford's retired veteran's agent and Westford resident, Terry Stader. 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 LAWYER

Tuesday, December 19th 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

Mondays November 13th and December 11th at 11:00 a.m.

Call 978.692.5523 to schedule an appointment.

Assistance with Income Tax Returns

Assistance with your Income Tax Return Preparation is available at the Cameron Senior Center. However, our COA must require that you complete Form 13614C before meeting with Hal Schreiber to have your tax returns prepared. If you are dropping off your tax returns for Hal to prepare, you must complete Form 1446 and 13614-C. These forms are mandatory to ensure that our tax preparation service is in compliance with IRS regulations. Finally, prior to meeting with Hal or dropping off your taxes, our COA staff will need to see your identification, even if you are known to us. We must see you driver's license, other government issued ID card, or your passport, for the taxpayer and spouse. We must also see Social Security cards for taxpayer and spouse. We must document our compliance with this IRS requirement. If we do not comply, we are in danger of losing our ability to provide this service. Thank you for your understanding!

Hal Schreiber will be back this year to complete your 2023 federal and state income tax returns. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to add your name, address, telephone number, and email address to the list for having your tax return prepared. Hal has all the federal and state tax forms that are needed.

If Hal has previously prepared your tax return, drop off your tax information at the Senior Center or Hal's home. If you call Hal at 978-692-7906 and get the answering machine, it is important that you leave a message, speak slowly, and give your name and telephone number.

Information Needed for Preparing Your Tax Return:

- 1) Your 2022 federal & state tax return if Hal did not prepare the return.
- 2) Form MA 1099-HC (IRS Form 1095-B if you did not receive MA 1099-HC). The health insurance information from these forms must be entered on your Massachusetts tax return.
- 3) Form 1095-A (you receive this form if you received the advanced health insurance premium tax credit). Your return will be rejected and the IRS will demand the entire credit be returned if the information from this form is not entered on your federal tax return.
- 4) W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc.
- 5) The amount and date of any federal and state estimated tax payments you made for 2023.
- 6) If you pay rent for your main home (only if located in Massachusetts), the total amount you paid in calendar year 2023 (some or all is deductible on your Massachusetts tax return).
- 7) For real property not located in Westford – total the property tax bills that you paid in calendar year 2023 (do not include any interest charges or any fees).
- 8) If your main residence is not located in Westford and if you or your spouse is age 65 or older – total the water/sewer bills that you paid in calendar year 2023 (do not include any interest charges or any fees).



BIRTHDAY CELEBRATION**Wednesday, November 8th at 12:00 pm**

Spaghetti and Meatballs

Wednesday, December 20th at 12:00 pm

Baked Potato Bar

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.

Cost: \$5 and Birthday celebrant lunch is free.**JIM GERAGHTY'S FAMILY & FRIENDS 26TH ANNUAL THANKSGIVING DINNER FOR WESTFORD SENIORS****Sunday, Nov. 19th 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.

**MEN'S BREAKFAST *****Monday, November 13th at 8 am**

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. Have your coffee and get ready for **Trivia with Ken Clough!**

Cost is a \$4.00. RSVP to 978.692.5523**MUSIC MAKERS LUNCHEON****Friday, December 1st at 12 pm**

Come and sing with our very own Music Makers while you enjoy a light lunch. **Cost for the luncheon will be \$5.00** Please sign up now at 978.692.5523.

THIRD ANNUAL HANUKKAH LUNCH**Friday, December 8th at 12 noon**

Come join Martha and Cindy again as they serve traditional Hanukkah latkes (potato pancakes), kugel (noodle pudding) and bagels with cream cheese. Come have a little nosh with your friends and enjoy some traditional music. **Cost is a \$5.00.** RSVP to 978.692.5523

**WOMEN'S BREAKFAST *****Wednesday, November 15th at 9 am**

Gather with good company for a tasty meal and lively conversation! Decorate fall centerpieces for your Thanksgiving tables.

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 November 3rd at 12pm Hot Dogs & Hamburgers**Friday November 17th at 12pm** Sausage and Rice Stir Fry**Friday December 22nd at 12pm** Meatball Subs

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.

**GAME NIGHT - THURSDAYS—11/2 & 12/7 at 4:30 pm***

Join us for an early evening of fun and laughter. All the games played are easy to learn. In November we will play the card game, **Crazy Eights**. In December it will be the easy, but fun, dice game, **Left, Right, Center**. **The cost is \$4.00** for refreshments and light meal. Please sign up in advance for planning purposes, 978-692-5523.

MOVIE SHOWINGS – THURSDAYS - 11/16 & 12/21 at 5:00 pm*

Join us in November for the heartwarming movie, **The Soloist**, based on the true story of musical prodigy Nathaniel Ayers with mental illness. In December we will enjoy Disney's movie/musical **Frozen** about a race to save the kingdom from perpetual winter. Wouldn't that be nice! Just **\$5.00** for a movie, popcorn, refreshments, and light meal! Please call to sign up 3 days prior at 978-692-5523.

***Special thanks to the Friends of the Cameron for their financial sponsorship of our Men's and Women's Breakfasts, BINGO lunches, Game Nights & Movie Nights!**

RESTAURANT REVIEW – 11/29 & 12/27 at 11:30 am Important news!

This year marks the **10th year** of restaurant review, and it has been a great way for folks to meet others and try new restaurants. In the last 6 months, we have noticed a decline in participants. We will put this program on pause unless we hear from you to keep it going.

November 29 at 11:30 am—Olive Garden, 422 Middlesex Rd, Tyngsboro

December 27 at 11:30 am—Fuchi Asian Cuisine, 355 Littleton Rd, Westford. Please preregister at 978-692-5523 so we can call the restaurant with a head count. When you arrive, you can check in under "Westford Senior Center". Please let Annette know before December 1st if you want to see this program continue into the new year, 978-399-2326.

HAM & BEAN SUPPER**Saturday, November 18th 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.

LETS GO SHOPPING**Wednesday, December 13th at 10 am**

Take the COA van to the Pheasant Lane Mall do get some holiday shopping done or just buy yourself something nice. After a fun morning of shopping, enjoy a nice lunch at the Olive Garden. You are responsible for the shopping and meal costs that day. The cost for Transportation will be \$10. Please sign up at 978.692.5523 seats are limited.

COOKIES & COCOA BY THE FIREPLACE**Thursday, December 21st at 10 am**

Join Katie in the library by the fireplace and enjoy some hot cocoa and cookies! Call to sign up at 978.692.5523. **FREE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>November 2023</h1>		<p>1</p> <p>9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:30 Cribbage 1:00 Sketch of my Life 1:30 Knitting Group 6:00 Food Pantry</p> <p>*****DEADLINE FOR ORDERING GIFT CARDS FROM THE FRIENDS!*****</p>	<p>2</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 4:30 Game Night 6:00 Tai Chi / Qigong</p>	<p>3</p> <p>8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 9:30 Trip-Parkers Maple Barn 12:00 BINGO Lunch 1:00 BINGO 1:00 Watercolor Class</p> <p>Remember turn back your clocks Sun. Nov. 5th at 2:00 am!</p> 
<p>6</p> <p>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</p>	<p>7</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:30 Medicare Options</p>	<p>8</p> <p>9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:00 Birthday Lunch 1:00 Sketch of my Life 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry</p>	<p>9</p> <p>8:00 Veterans Breakfast* 9:00 Mental Health First Aid 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 Whole Foods/TJs 2:00 Bridge 4:00 Grief Support 6:00 Tai Chi / Qigong</p>	<p>10</p> <p style="text-align: center;">Center CLOSED</p> <p style="text-align: center;">In observance of VETERANS DAY</p> <p style="text-align: center;">Friends of the Poor Walk St. Catherine SVDP</p>
<p>13</p> <p>8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 11:00 Ask the Realtor 11:00 Guided Meditation 12:00 Gentle Yoga 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong 2:00 Computer Classes w/ Mike 6:30 Westford Womens Club</p>	<p>14</p> <p>9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 11:00 Vet to Vet 12:45 Bone Builders 1:00 Open Art Studio 1:30 Ask Fire Prev. Ofc. 2:00 Ping Pong 2:00 Safety Workshop</p>	<p>15</p> <p>9:00 Women's Breakfast 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:30 Cribbage 1:00 Sketch of my Life 1:30 Knitting Group 6:00 Food Pantry</p>	<p>16</p> <p>9:00 Mental Health First Aid 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 1:00 Sit w/ State Sen. Staff 2:00 Bridge 5:00 Movie Night 6:00 Tai Chi / Qigong</p>	<p>17</p> <p>8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO 1:00 Watercolors</p> <p style="text-align: center;">HAM AND BEAN SUPPER TOMORROW! SAT. NOV. 18 » 5:30 PM AT THE FRANCO!</p>
<p>20</p> <p>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 2:00 Computer Classes w/ Mike</p> <p style="text-align: center;">JIM GERAGHTY'S THANKSGIVING «Sun. NOV. 19 12:00 PM at Westford Academy</p>	<p>21</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 2:00 Book Club 7:30 Radio Club (PART)</p>	<p>22</p> <p>9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:00 Birthday Lunch 12:30 Cribbage 1:00 Sketch of my Life 1:30 Knitting Group 6:00 Food Pantry</p>	<p>23</p> <p style="text-align: center;">CENTER CLOSED</p> <p style="text-align: center;">THANKSGIVING DAY</p> 	<p>24</p> <p style="text-align: center;">CENTER CLOSED</p> <p style="text-align: center;">DAY AFTER THANKSGIVING</p>
<p>27</p> <p>9:30 Bone Builders 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 2:00 Computer Classes w/ Mike</p>	<p>28</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 1:00 CTI AmeriCorps Info 2:00 Ping Pong 5:00 Dinner with Donna 6:00 Dementia Caregiver</p>	<p>29</p> <p>9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 11:30 Restaurant Rev 12:30 Cribbage 1:00 Sketch of my Life 1:30 Knitting Group 6:00 Food Pantry</p>	<p>30</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 Grief Support 4:00 Piano Lessons 6:00 Tai Chi / Qigong</p>	

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
December 2023				1 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 Music Makers Luncheon 1:00 Watercolor
4 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 11:00 Ask the Realtor 12:00 Gentle Yoga 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:00 Whole Foods/TJs 2:00 Ping Pong	5 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:30 Health Series	6 8:30 Town Mgr Breakfast 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:30 Cribbage 1:00 Sketch of my Life 1:30 Knitting Group 6:00 Food Pantry	7 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 4:30 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 Hanukkah Lunch 1:00 Watercolors
11 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 10:00 A Spa for You 11:00 Ask the Realtor 11:00 Guided Meditation 12:00 Gentle Yoga 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 10:30 Spanish Class 11:00 Vet to Vet 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	13 9:30 Bone Builders 10:00 Zentangle 10:00 Shopping Trip 11:00 Intermediate Yoga 12:30 Cribbage 1:00 Sketch of my Life 1:30 Knitting Group 2:00 Fall Prevention 6:00 Food Pantry	14 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 11:00 Ask the Elder Serv Ofc. 11:00 Ask the Detective 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 1:30 State Senate Staff 4:00 Grief Support 5:00 Movie Night 6:00 Tai Chi / Qigong	15 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 11:45 Holiday Luncheon @Westford Regency 1:00 Watercolors
18 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	19 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 9:30 Ask the Lawyer 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 2:00 Book Club 7:30 Radio Club (PART)	20 9:30 Bone Builders 10:00 Zentangle 11:00 Intermediate Yoga 12:00 Birthday Lunch 12:30 Cribbage 1:00 Sketch of my Life 1:30 Knitting Group 6:00 Food Pantry	21 9:15 ZUMBA 10:00 Upbeats Band 10:00 Cookies & Cocoa 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 1:00 Sit w/ State Sen. Staff 2:00 Bridge 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 12:00 BINGO Lunch 1:00 BINGO 1:00 Watercolors
25 Center CLOSED CHRISTMAS DAY 	26 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 6:00 Dementia Caregiver	27 9:30 Bone Builders 10:00 Zentangle 11:30 Restaurant Rev 12:30 Cribbage 1:00 Sketch of my Life 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 Whole Foods/TJs 2:00 Bridge 4:00 Grief Support 6:00 Tai Chi / Qigong	29 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 1:00 Watercolors

Library, Billiards Room, Computer Room open 8:00 am - 3:45 pm daily,
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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 November and December which include:

November 3, November 17, December 1, and December 22!

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.

SETBACK / PITCH

Mature group seeking players in the Westford area for an occasional

friendly card game. If interested (or know of anyone who might be), call

Mike 978.886.8308

Trips and Travel

TRAVEL AROUND THE WORLD WITH US!

Thursday, November 16th at 5:30pm. Come and watch a slide show

presentation with Collete about a trip to Ireland in October of 2024 and a

trip to Tropical Costa Rica in March of 2025. Sign up for the presentation

now at 978.692.5523. For more information on the trips ask Katie at krus-

sell@westfordma.gov

PARKERS MAPLE BARN Friday, November 3rd at 9:30 am

This trip has been rescheduled from earlier this Fall. Parkers is located just

over the Massachusetts' border in Mason, New Hampshire. Order break-

fast and visit the Corn Crib Gift Shop. Seating is limited, so please call to

sign up at 978.692.5523. **The cost for transportation is only \$10.**

Friends Corner



The Friends of the Cameron Senior Center, a 501(c)(3) non-profit volunteer organization, provides services and fellowship to seniors throughout the local community.

Services include and are not limited to emergency financial aid for food, housing, medical, utilities, fitness programs, trips, entertainment, and stimulating classes.

The Holidays are fast approaching, don't forget **The Friends Gift Card program. Orders will be due no later than Wednesday, November 1st, 2023**, so the cards will be available for pick up before Thanksgiving for early gift giving. While you're at it, buy some extras to your favorite stores and restaurants for you to use during the year!

You pay no more than face value of the card while the Friends make money on every card you purchase.

Order forms will be available in the lobby or ask at the front desk.

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

Pat Reppucci, President, Friends of the Cameron

<https://westfordmafriendsofcameron.com/>

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



DOLAN FUNERAL HOME

James F. Dolan

978-251-4041

James F. Dolan II

106 Middlesex Street
North Chelmsford

www.dolanfuneralhome.com

Pre-Planned
Funeral Counseling

Westford Women's Club

Next Meeting is
Monday, November 13, 2023 at 6:30 pm
Meets at the Cameron Senior Center
 Members and interested guests are always welcome!
 For more information, email
westfordwomensclub@gmail.com

Come to the Cameron at Night!

We are open Tuesday and Thursday evenings until 8 pm!

- use the gym!
- come play billiards!
- movie nights, game nights, Dinner with Donna!
- Radio Club (PART)
- Tai Chi!
- listen to interesting health series topics!

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 Rovendo, Van Driver

COUNCIL ON AGING BOARD MEMBERS

Mickey 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

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



BOARD MEETINGS

COA Board Nov. 15 and Dec. 13 at 4 pm
 Friends Board Nov. 16 and Dec. 21 at 10 am

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/>



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



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 NANCY FILLIP

Fridays from 1 pm - 3 pm 6 weeks starting November 3rd. No class on November 10th and November 24th. 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. Nancy 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 November 8th 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. 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. No class on November 22nd. Class ends on January 3rd.

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>

Social and Enrichment Activities

THE UPBEATS—THURSDAYS AT 10 am

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

MUSIC MAKERS FRIDAYS AT 9 am

Come one! Come all! Come and sing with the Music Makers on **Fridays at 9 am**. We hope to welcome returning singers, as well as folks who would like to enjoy a musical morning.

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.

SPANISH CLASS

Tuesdays 10:30 am at the Cameron Library.

The cost is \$3 per class pay directly to the instructor. Call the front desk to sign up at 978.692.5523.

"SKETCH OF MY LIFE"

Have you ever wanted to share a "peak" experience in our life with your family/friends? We are starting a small amateur writing group that will help you tell your story clearly (and dramatically). No experience needed - just a desire to provide a small living legacy for someone special. We will meet on **Wednesdays at 1:00** in the Computer Room. Sign up today at 978.692.5523.

COMPUTER CLASSES WITH MIKE—Mondays at 2 pm

Michael is a recent college graduate from Norfolk Academy with a degree in computer science. Michael has volunteered with us in the past when he did his high school capstone internship here. We are very lucky that he has decided to continue to give back to the Cameron Community. Class 1 November 13th will be on Cell Phones. Class 2 November 20th will be on Tablets. Class 3 November 27th will be on Laptops. If you have other questions you wish to ask Michael please feel free to join the class. Sign up at 978.692.5523.

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, November 21st**, and **Tuesday, December 19th**, 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 k1iq@arrl.org.



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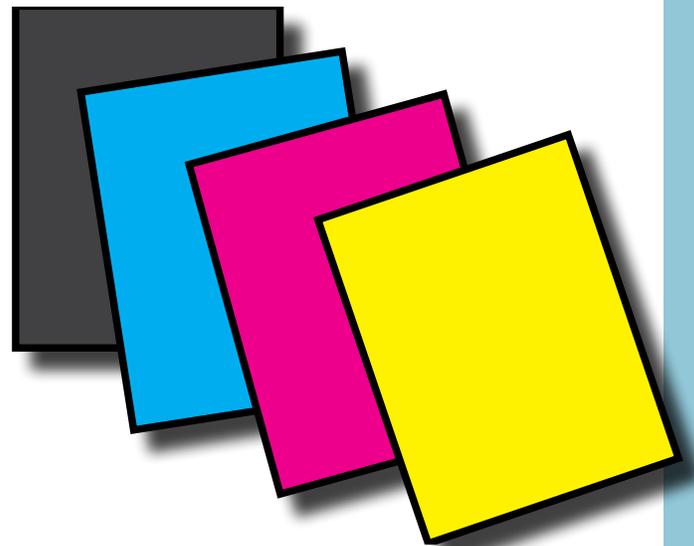
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BRAIN GAMES

Answer to Sudoku

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

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

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

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CROSSWORD PUZZLE

ACROSS

- 1 Metrical unit
- 5 Arabian judge
- 9 Grandfather of Saul
- 12 Exude
- 13 Sleeping
- 14 Mountain on Crete
- 15 Javanese carriage
- 16 Weed
- 17 Computer generated imagery (abbr.)
- 18 Alcott heroine
- 20 Sable
- 22 Article
- 25 Nat'l Endowment for the Arts (abbr.)
- 27 Garland
- 28 Time period
- 29 International (abbr.)
- 31 And other: abbr. (2 words) (Lat.)
- 34 Sinbad's bird
- 35 Fr. author
- 37 Amer. Dental Assn. (abbr.)
- 38 Wing (pref.)
- 40 Grape syrup
- 41 Jap. fish
- 42 Article (Fr.)
- 44 Negative population growth (abbr.)
- 45 Deviate
- 46 Necktie
- 49 Droop
- 51 Male person
- 52 Baseball equipment
- 54 Etn. Danakil people
- 58 Pointed (pref.)
- 59 Afr. tree
- 60 Polish rum cake
- 61 Foollike structure
- 62 Direct
- 63 Poetic foot

DOWN

- 1 Before some vowels (pref.)
- 2 Tumor (suf.)
- 3 Free
- 4 Monad
- 5 Felis (2 words)
- 6 Amateur Boxing Assn. (abbr.)
- 7 Skin (suf.)
- 8 Utopian
- 9 Wink
- 10 Wayside
- 11 Pour
- 19 Camelot lady
- 21 Female ruff
- 22 Manmade protective mound
- 23 Owl's cry
- 24 Moon of Saturn
- 26 Hindu soul
- 30 Pulka (2 words)
- 32 City in Judah
- 33 Den
- 36 Legend
- 39 Race the motor
- 43 Palmetto
- 46 Thunder sound
- 47 People
- 48 Subtract
- 50 Taro
- 53 Yarn measure
- 55 Federal Aviation Admin. (abbr.)
- 56 Antibalistic Missile (abbr.)
- 57 Mortar beater

ANSWER TO PREVIOUS PUZZLE

A	S	A	P	A	R	T	L	A	S	S
A	I	N	B	I	N	A	L	A	L	E
R	O	T	S	M	A	L	L	S	P	A
E	N	I	D	L	A	C				
			T	A	G	A	L	B	A	B
S	P	O	R	A	D	I	C	R	E	D
L	O	X	D	A	M	O	N	A	G	A
A	C	I	S	M	A	K	E	O	V	E
T	O	N	K	A	N	E	R	V	E	
			I	D	A			O	R	A
E	M	A	N	A	T	I	O	N	O	M
T	H	I	N	E	C	H	T	I	L	L
H	O	L	I		S	A	S	H	L	A

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“NLXSSOHA LEEGQ LTGO NHTOJCQFTI,
 WBQS LTGO X RELN LEEGQ LTGO X
 CEZ.”

— XBSFEH BJGJERJ

PREVIOUS SOLUTION: “Keep your feet on the ground and your thoughts at lofty heights.” — Peace Pilgrim

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