

AT THE CAMERON



NEW YEAR'S LUNCH

Wednesday, January 10 at 12 pm

Join us for a New Year's Lunch to welcome in the New Year! Donna Dutton will be preparing traditional ham, potatoes, and her broccoli salad for us to enjoy as we celebrate the start of 2024! **Cost is \$5.** RSVP at 978.692.5523

VALENTINE LUNCHEON

Friday, February 9th at 12 pm
First Parish Church Fellowship Hall,
48 Main St.

Please join us for the seventh annual Valentine Luncheon with **Mistress of Ceremony, Evie Moran and Vocalist, Judy Pancoast**. Bring your sweetheart, spouse, your best friend, or anyone who makes you smile! Enjoy Chicken Marsala, Mashed Potatoes, Green Beans, Caesar Salad, Rolls & Chocolate Truffle Cake

Entertainment Highlight: Grammy-nominated singer-songwriter, **Judy Pancoast**, grew up in the seventies as the "number one fan" of the best-selling brother and sister duo, The Carpenters. She will perform "**All My Best Memories: Built by The Carpenters**". The show premiered at world-renowned cabaret club "Don't Tell Mama" in NYC and received rave reviews. **This special event has been made possible by the following sponsors: Anonymous Center Donor, COA and Friends of the Cameron Board, River Court Residences – Groton, Westford Garden Club and Westford Rotary Club.**

Please call 978.692.5523 to sign up by January 29th!

Cost: \$8 Friends Member, \$14 non-Friends Member



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 6:30 am to receive current information.

DINNER with DONNA – Tuesday, February 27th at 5:00 pm

Donna will be warming us up with tortellini soups one with turkey and the other with sausage, bread, and salad. Entertainment will be a **Classical Indian Dance Presentation**. Be sure to call and sign up quickly, dinner slots fill fast. 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**. Thank you to the Friends of the Cameron and the Food Pantry for subsidizing the costs for this event.



BOOK CLUB - TUESDAYS—1/16 & 2/20 at 2:00 pm

Are you a reader who likes to talk about books? Join us in our cozy library for our January gathering to talk about the true story based in Alaska, **A Wolf Called Romeo** by Nick Jans. In February, we will discuss the humorous novel **Lessons in Chemistry** by Bonnie Garmus. You can get a book from us at the senior center or try on line i.e. Kindle, Hoopla, Libby. Happy Reading! If interested, call Annette 978.399.2326.



SPECIAL REPORT: FY25 BUDGET PRESENTATION & LUNCH **Friday, January 26, 2024, at noon**

Please join us at the Cameron to learn and ask questions about the FY25 Budget considerations. We will host special guests Tom Clay, Select Board Chair; Kristen Las, Town Manager; Christopher Chew, Ed. D, Superintendent; Dan O'Donnell, Finance Director and Valery Young, School Board Committee Member. Please RSVP at 978.692.5523 by January 23 and let us know your sandwich preference which includes: chicken salad, turkey and cheese, ham and cheese or vegetarian.



From the Director' . . .

My heart is full!

I am always so moved by the generosity of Westford residents, but never more so than during the holiday season. The seniors of Westford benefit greatly from this generosity. There are so many to thank, including those who give their time and energy year round to make Westford a welcoming community.



Thank you to all of the following:

We are immensely grateful for our partnership with **Gaining Ground of Concord**. The farm provided Westford residents with **7915 pounds** of fresh, organic vegetables between May and November. This amount of fresh produce represents **44% more produce** than Gaining Grounds supplied to our organization last year. Our clients were very pleased with the increased variety and quantity of produce this season.

On behalf of our COA staff, we would like to congratulate our **Friends of the Cameron** for an outstanding and profitable Friends Fall Harvest Fair. It was extremely well organized, had many festive vendors and shoppers and was a pleasure to have at the Cameron. Also, we would like to thank the vendors, volunteers and shoppers that contributed to the success of this really fantastic and much enjoyed fundraising event. **We are so fortunate to have a hard working and collaborative Friends Board, thank you!**

Westford Police Dept. Our sincerest appreciation goes out to **Sergeant Greg Marchand** and the officers that have delivered **heavy buckets of sand** to local seniors. Many residents now feel more prepared for the icy, snowy days that lie ahead. Thank you so much!

The American Legion Post 159, VFW Mattawanakee Post 6539, Westford Remembers and **The Village Store** for sponsoring and hosting the Veterans Breakfast on Friday, November 10th at **Village Breakfast** for approximately 20 veterans!

Edna MacNeil and **Jen Beale** for serving apples and water to the **Friends of the Poor Walk** participants who raised money for St. Vincent de Paul (SVdP) of St. Catherine Church which provides assistance to individuals and families experiencing financial difficulties. Thanks also to **all the walkers!**

Westford Firefighters Association, American Legion Post 159 and the **Franco-American Club** for their annual **Ham and Bean Supper** on Saturday, November 18th. This is such a fun time with music, catching up with friends and, if you were lucky, a lobster to take home for two lucky winners and the coveted ham bones! This was a most memorable night for close to 150 our Westford residents ages 55 and older!

Jim Geraghty for **Jim Geraghty's Family and Friends Annual Thanksgiving Dinner** which drew more than 200 attendees on Sunday, November 19th at noon. So many enjoyed a feast which included Thanksgiving turkey and dressing, gravy, sweet potatoes, rolls, corn, assortment of pies and the fun Pre-BINGO starting at 10:30 AM with many varieties of gift cards. We also would like to thank the WA school and our Superintendent for allowing this event to take place in the WA cafeteria and sharing their talented chefs who prepare a wonderful traditional Thanksgiving meal.

Barbara and Bob Tonucci for their creativity in decorating our Christmas Tree at the Cameron so beautifully for all of us to enjoy!

Thank you to **Claire France** for her exceptional planning of the annual Holiday Luncheon at the Westford Regency. Thanks also to the **Upbeats Band** and the **Honors Chorus of Westford Academy** for providing wonderful music for our attendees. As always, it was a wonderful and elegant luncheon!

Ellen Harde and **Muffins on Main** for donating the hot chocolate and her scrumptious cookies for **Cookies and Cocoa by The Fireplace** with our **very special Katie**. A fun festive time for all to chat and enjoy one another's friendship before the Christmas holidays.

With the support of the **WESTFORD COMMUNITY**, The Westford Holiday Assistance Program was able to make the holidays brighter for individuals and families facing financial hardship this year! The Westford Holiday Assistance Program, a collaboration of the Cameron Senior Center, St. Vincent de Paul (SVdP) of St. Catherine's Church and the Westford Food Pantry helped many neighbors facing food insecurity and financial challenges this holiday season. With assistance of the program, our neighbors were able to breathe a little easier this year. The program provided food gift cards to more than **425** individuals and gift assistance to more than **165** children, 18 years old and under. The program is extremely grateful for its generous sponsors that made it all possible!

With a grateful heart,,

Jennifer Claro

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

Assistance with Income Tax Returns

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 to be filled out.

You can drop off your tax information at the Senior Center or at Hal's home. If you call Hal (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.

Special Notice if you have a home or vacant land in Westford:

Due to database problems, Hal may not be able to get your property tax and water bill payment information as he has done in the past. Consequently, see the property tax, water bill, and storm water information below. If you do not have the needed information, contact the Tax Collector and Water Department.

Information Needed for Preparing Your Tax Return:

Your 2022 federal and state tax return if Hal did not prepared the return. 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.

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.

W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc.

The amount and date of any federal and state estimated tax payments you made for 2023.

If you pay rent for your main home (only if in Massachusetts), total the amount you paid in calendar year 2023 (some or all is deductible on your Massachusetts tax return).

Total the real property tax bills that you paid in calendar year 2023 for your main home in Massachusetts. If you own a home or vacant land in another state or a second home or vacant land in Massachusetts, total those bills separately from your main home (do not include any interest charges or any demand fees). A TREAD award is not considered as being paid by you.

If your main home is in Massachusetts – total the water/sewer bills that you paid in calendar year 2023. Only include the water usage charge and the service charge for the meter. Do not include any interest charges, demand fees, or connection charges.

If your main home is in Massachusetts, include any Storm Water fees that you paid in calendar year 2023.

Car, boat, personal property excise tax bills that you paid in calendar year 2023 (do not include any interest charges or any demand fees).

If you sold any stock or bonds - the date you bought the stock or bond and the amount you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

If you have any mutual funds - any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares - the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

Medical and Dental expenses – total your co-pays and deductibles for all your drugs (prescription and over-the counter), doctor, dentist, hospital visits, etc. Include hearing aides, eyeglasses, etc. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately (do not add them together).

Charitable contributions. - total your cash/check/credit card contributions that you gave to a charity/church/nonprofit/government. You cannot deduct contributions given to any individual person (including gofundme), political organization, or election campaign. For property contributions – in general terms (clothing, household goods, furniture, etc.), what was contributed; date of the contribution; estimated fair market value of the property; and the name and address of the charity receiving the property. If you donated a car, it is very important that you bring the paperwork/form you received from the charity.

FIRE SAFETY and EVACUATING THE CAMERON

Upcoming Safety Training / Demonstration: Stair Chair Lifts

January 11th at 11 am in the Cameron Lobby / Sitting Area

with Ryan Monat, Fire Prevention / Code Enforcement Officer.

Please RSVP at 978.692.5523.

For those who didn't have the opportunity to join Ryan Monat, Fire Prevention / Code Enforcement Officer and COA Director, Jennifer Claro for the **Safety Workshop: How to Evacuate the Cameron in an Emergency or Fire**, which took place on November 14th, we would like to share the following highlights:

- We have a **Cameron Evacuation Plan** that you can pick up at the entrance to our building next to the newsletter box. Please take one and familiarize yourself with how you would evacuate the building.
- Be prepared for the **two fire drills in 2024** with the partnership of our Westford fire department.
- In January, we will have our instructors and program staff share how to evacuate the room while you may be doing a class, enjoying a meal, or participating in other activities at the center. We hope, with repetition and practice, that we all will feel comfortable with evacuating the center, should there ever be an actual emergency.
- Lastly, please know that if we should have to evacuate the Cameron, each staff member has a designated area where they will assist center participants and based on the participant's individual need. *If anyone has any questions or would like to discuss your own personal needs if an evacuation occurs, please speak to the COA Director.*

A special thank you to COA staff, Ryan Monat, Fire Prevention / Code Enforcement Officer and Michael Denehy, Deputy Fire Chief, for assisting in organizing our updated evacuation plan. Also, thanks to Chris Coutu, Town GIS Coordinator, for designing our evacuation map and Ledgeview Printing for printing these maps for us at no charge.

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 January 9th - February 27th

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 January 11th—February 29th

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 January 9th—February 27th

Thursdays January 11th—February 29th

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 January 9th - February 27th

Thursdays January 11th—February 29th

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 and Thursdays at 10 am

8 weeks beginning Tuesday, January 9th

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 January 10th

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

6 weeks beginning January 22nd. No class Feb. 19th

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- **\$36** and non-residents- **\$52**

INTERMEDIATE YOGA

Wednesdays at 11am

8 weeks starting January 10th

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**



GUIDED MEDITATION WITH BRITTANY

Monday, January 22nd and Monday, February 12th at 11am

Join Brittany Nash, Community Health and Wellness Coordinator at the Westford Health Department for a 45 minute 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**



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.

Health and Wellness Offerings— Clinics, Screenings and More

HEARING SCREENING

MONDAYS—January 8th, and February 12th 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—January 9th and February 13th 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.

CHANGE TO ACCESSING MENTAL HEALTH RESOURCES

As of this month, 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 or text 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're available 24/7 365 days a year.

Reminder.....There are other mental health resources available to you as well.....

Community Behavioral Health Center-Vinfen offers walk in evaluation and follow up outpatient treatment 866-388-2242

Suicide/Crisis Hotline-Call or text 988

Westford Mobile Clinician-for short term mental health sessions if on a waiting list for an ongoing therapist. Offers four sessions free of charge for Westford residents-in Town buildings or virtually. Please call Nicole Laviolette, Community Wellness Coordinator at 978-399-2503 or Alison Christopher at 978-399-2325 for a brief phone intake.

FREE HEALTH SERIES

Tuesdays - Jan. 9th & Feb. 13th at 4:30 pm

Join our monthly series with professional speakers from local medical sites the 2nd Tuesday of every month.



Healing Bowls

In January we are fortunate to learn about and experience the healing science of Crystal and Himalayan Singing Bowls. The beautiful sounds will clear your stress away and bring calm to your body.

In February we will have a demonstration from the Mass Equipment Distribution Specialized Telephone Program. If you have vision or hearing loss come find out if you may benefit from a free specialized phone. Please sign up at 978-692-5523 to participate in either program.

NEW in JANUARY!

I'LL HAVE WHAT THEY'RE HAVING: THE SCIENCE OF SEXUALITY AND AGING

Wednesday, January 10, 2024 from 2-3 pm

Research informs us that older adults are having sex into their 60s and 70s, they're enjoying sex, and that sex is good for their health. So, who are we to be in denial about older adult sexuality? In this fast-paced and exciting program, Dr. Fleishman describes the current research in the science of sexuality and aging, provides tips, and answers questions about sex for older adults. Call 978.692.5523 to sign up.



Dr. Jane Fleishman

LOVING OUR BODY: IMPACTS OF AGING ON SEXUALITY

Wednesday, January 24, 2024 from 2-3 pm

What does aging mean for us as older adults? Many of us are critical about our bodies. And it affects us sexually. For all of us who have ever felt too fat, too short, too tall, too dark, too light, too ANYTHING – your body is beautiful. Join Dr. Jane Fleishman as we talk about loving our bodies as we age. She'll give practical tips, recommendations, and resources that can help you start loving your aging body today. Call 978.692.5523 to sign up.

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

MONDAYS—January 29th and February 26th 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.

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, January 8th and February 12th** by appointment.

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.

SOCIAL SERVICES AND OUTREACH NEWS

OUTREACH

"You'll never get bored when you try something new. There's really no limit to what you can do", Dr. Seuss. With the New Year upon us, let this be when you commit to getting out of the house more and engaging with your peers, having fun! If you need some quiet time, come read in our library or work on a puzzle. If you need some laughter and socialization, check out ping pong, exercise classes or one of our many delicious meals. Activities here are numerous. Confidential Social Services are available to you as well. We look forward to seeing you! Annette & Jen, 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 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 978-692-5523.

DEMENTIA CAREGIVER SUPPORT GROUP - 1/23 & 2/27 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.

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.

DID YOU KNOW? Some Senior Stats ...

1. Age doesn't determine success – Colonel Sanders founded Kentucky chicken at age 65!
2. Gerontologists say 7 out of 10 people over age 75 believe that they are never too old for love.
3. Seniors have the most voting power because those over age 60 cast more ballots than any other age group.
4. Seniors are living longer – by the year 2040 the population over age 65 is expected to reach 81 million!
5. Studies state that 30% of aging is related to genetics and the remaining 70% is controlled by lifestyle factors. Choose wisely!

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 FIRE PREVENTION OFFICER

Thursdays January 11th and February 8th 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 to discuss fire safety.

ASK THE ELDER SERVICES OFFICER

Thursday January 11th at 11:30 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

Thursdays January 18th and February 15th 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 January 9th and February 13th 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 REALTOR

with Kathy Cunningham of Coldwell Banker, Westford

Mondays January 8th and February 12th at 11:00 a.m.

Call 978.692.5523 to schedule an appointment.

Transportation

The Westford Council on Aging Transportation Department serves **residents of Westford**, 55 and older, as well as disabled adults.

Hours: Monday thru Friday, first ride at 8:00am, last ride at 3:30 pm

Round-Trip Cost: Westford: **\$3**, Acton, Carlisle, Chelmsford, Groton, Littleton: **\$6** Ayer, Concord, Lowell: **\$8**

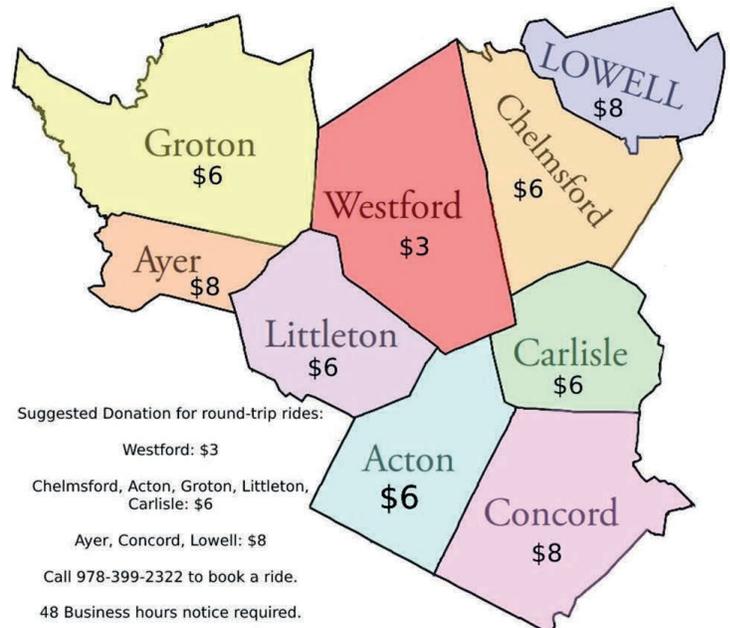
AT LEAST two business days notice required, more notice is appreciated!

Destinations: Medical Appointments, Shopping, Senior Center Activities, Social and Recreational activities, Town Meetings and more.

Contact: call the dispatch office at **(978) 399-2322** to arrange your rides.

Drivers may arrive 15 minutes early to 15 minutes late from scheduled ride time, please be ready for their arrival.

No same day service, rides operate on a predetermined schedule. Medical rides take precedence and are our priority over social or recreational rides.



Dining Options



BIRTHDAY CELEBRATION

Wednesday, January 17th at 12:00 pm

Stuffed Peppers with rice and vegetables no meat.

Wednesday, February 21st at 12:00 pm

Chicken Cacciatore.

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.**

MEN'S BREAKFAST *

Mondays January 8th and February 12th 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, potatoes and sides that include English muffins, fresh pastries, fruit salad, and, of course, beans! If you have suggestions for upcoming speakers, please speak to Ken Hyle. Have your coffee and listen to a lecture!



On **January 8th**, hear **Estate Planning with Gerald L. Shyavitz**. He will discuss living trusts, avoiding probate court, and protecting your assets.

On **February 12th**, **Hal Schrieber** will speak on **Tax Preparation**. **Cost is a \$4.00.** RSVP to 978.692.5523

WOMEN'S MEAL *



Friday January 12th at 12 pm and Wednesday February 14th at 9 am

Gather with good company for a tasty meal and lively conversation!

LUNCH: Friday, January 12th at noon, Hal Schrieber will discuss **Tax Preparation**.

BREAKFAST: Wed., February 14th at 9 am, Evie Moran will be doing a presentation on **Public Speaking**.

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 January 5th at 12pm Hot Dogs & Hamburgers

Friday January 19th at 12pm Turkey and Roast Beef Club

Friday February 2nd at 12pm Hot Dogs & Hamburgers

Friday February 16th at 12pm Sausage and Peppers Stir Fry

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.

RESTAURANT REVIEW—Wednesdays 1/31 & 2/28 at 11:30 am

Be sure to mark your calendars for our next outings on **Wed Jan 31st at 11:30 am at 99 Restaurant**, 333 Littleton Rd, Westford **Wed. Feb. 28th at 11:30 at Seoul Kitchen**, 142 Littleton Rd., Westford. Please preregister at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit.



GAME NIGHT – THURSDAYS—1/4 & 2/1 at 4:30 pm *

Join us for an early evening of fun and laughter.

All the games played are easy to learn. In January we will play a domino game called **Mexican Train** and in February the lively game called **Bunco**. **The cost is \$4.00** for refreshments and light meal. Please sign up in advance for planning purposes, 978-692-5523.

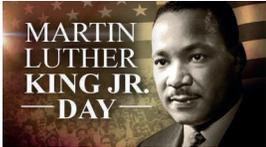


MOVIE SHOWINGS - THURSDAYS on 1/18 & 2/15 at 5:00 pm *

Join us in January for the comedy, **The Book Club** starring Diane Keaton and Jane Fonda. In February we'll feature the fantasy/comedy hit **Barbie** starring Ryan Gosling and Margot Robbie. 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!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Center Closed</p> 	<p>2</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 10:30 Spanish Class 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods / TJs 1:00 Open Art Studio 2:00 Ping Pong</p>	<p>3</p> <p>9:30 Bone Builders 11:00 Intermediate Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry</p>	<p>4</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>5</p> <p>8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO</p>
<p>8</p> <p>8:00 Men's Breakfast 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 Whole Foods / TJs 2:00 Ping Pong</p>	<p>9</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 2:00 Ping Pong 4:30 Health Series</p>	<p>10</p> <p>9:30 Bone Builders 11:00 Intermediate Yoga 12:00 New Year's Lunch 12:30 Cribbage 1:30 Knitting Group 2:00 Jane Fleishman 6:00 Food Pantry</p>	<p>11</p> <p>9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 11:00 Fire Safety Training 11:30 Ask Elder Serv. Ofc. 12:30 Hand and Foot 12:45 Bone Builders 1:00 Buried in Treasure 1:00 Whole Foods / TJs 2:00 Bridge 4:00 Piano Lessons 4:00 Grief Support 6:00 Tai Chi / Qigong</p>	<p>12</p> <p>8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 Women's Lunch</p>
<p>15</p> <p>Center Closed</p> 	<p>16</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 Book Club 2:00 Ping Pong 7:30 Radio Club (PART)</p>	<p>17</p> <p>9:30 Bone Builders 11:00 Intermediate Yoga 12:00 Birthday Lunch 12:30 Cribbage 1:30 Knitting Group 3:00 Computer Class 6:00 Food Pantry</p>	<p>18</p> <p>9:15 ZUMBA 10:00 Friends Board Meeting 10:00 Upbeats Band 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods / TJs 1:00 Buried in Treasure 1:30 Sit w/ State Sen. Staff 2:00 Bridge 4:00 Piano Lessons 5:00 Movie Night 6:00 Tai Chi / Qigong</p>	<p>19</p> <p>8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO</p>
<p>22</p> <p>9:30 Bone Builders 10:00 Sewing 11:00 Guided Meditation 12:00 Gentle Yoga 1:00 BINGO 1:00 Whole Foods / TJs 2:00 Ping Pong</p>	<p>23</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 6:00 Dementia Caregiver</p>	<p>24</p> <p>9:30 Bone Builders 11:00 Intermediate Yoga 12:30 Cribbage 1:30 Knitting Group 2:00 Jane Fleishman 6:00 Food Pantry</p>	<p>25</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 1:00 Buried in Treasure 2:00 Bridge 4:00 Piano Lessons 4:00 Grief Support 6:00 Tai Chi / Qigong</p>	<p>26</p> <p>8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 FY25 Budget Lunch</p>
<p>29</p> <p>9:30 Bone Builders 10:00 Sewing 10:00 A Spa for You 12:00 Gentle Yoga 1:00 BINGO 1:00 Whole Foods / TJs 2:00 Ping Pong 6:30 Westford Womens Club via Zoom</p>	<p>30</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</p>	<p>31</p> <p>9:30 Bone Builders 10:00 Travel Ideas 11:00 Intermediate Yoga 11:30 Restaurant Rev 12:30 Cribbage 1:30 Knitting Group 3:00 Computer Class 6:00 Food Pantry</p>	<p>January 2024</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
<h1>February 2024</h1>			1 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 Buried in Treasure 2:00 Bridge 4:30 Game Night 6:00 Tai Chi / Qigong	2 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
5 9:30 Bone Builders 10:00 Sewing 12:00 Gentle Yoga 1:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong	6 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	7 9:30 Bone Builders 11:00 Intermediate Yoga 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	8 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 11:00 Ask Fire Prev. Ofc. 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 1:00 Buried in Treasure 2:00 Bridge 4:00 Grief Support 6:00 Tai Chi / Qigong	9 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 Valentine Lunch at First Parish Church
12 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 Whole Foods/TJs 2:00 Ping Pong	13 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 4:30 Health Series	14 9:00 Women's Breakfast 9:30 Bone Builders 11:00 Intermediate Yoga 12:30 Cribbage 1:30 Knitting Group 3:00 Computer Class 6:00 Food Pantry	15 9:15 ZUMBA 10:00 Upbeats Band 10:00 Friends Board Meeting 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 1:00 Buried in Treasure 1:30 Sit w/ State Sen. Staff 2:00 Bridge 5:00 Movie Night 6:00 Tai Chi / Qigong	16 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
<h2>Center Closed</h2> 	20 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)	21 9:30 Bone Builders 11:00 Intermediate Yoga 12:00 Birthday Lunch 12:30 Cribbage 1:30 Knitting Group 6:00 Food Pantry	22 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 Buried in Treasure 2:00 Bridge 4:00 Grief Support 6:00 Tai Chi / Qigong	23 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong
26 9:30 Bone Builders 10:00 Sewing 10:00 A Spa for You 12:00 Gentle Yoga 1:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 6:30 Westford Womens Club	27 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 5:00 Dinner with Donna 6:00 Dementia Caregiver	28 9:30 Bone Builders 11:30 Restaurant Rev 12:30 Cribbage 1:30 Knitting Group 3:00 Computer Class 6:00 Food Pantry	29 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 Buried in Treasure 2:00 Bridge 6:00 Tai Chi / Qigong	

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! Sign up at 978.692.5523.

SPECIAL FRIDAYS BINGO

Friday BINGO games start at 1pm. In the months of January and February, Bingo will be held on **January 5th & 19th, and February 2nd & 16th!**

We will be using the BINGO Rose system to run BINGO.



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

TRIP IDEAS

Wednesday, January 31st at 10 am

Join Katie in the library, and help her brainstorm the trips for 2024!

IRISH SPLENDOR

October 18-25, 2024

Join Collette Tours on an eight-day trip to Ireland. 9 Meals included. **Day 1** is an overnight flight into Dublin. **Day 2** Your own tour of Dublin and a local farm to table dinner. **Day 3** Enjoy a lively and historical sightseeing tour of the Fair City of Dublin. Later an **Optional Tour** of the Guinness Storehouse followed by dinner and Irish Dancing. **Day 4** Leaving Dublin and traveling to Killarney. Make a visit to Cashel and to Blarney Castle. Once in Killarney you will enjoy the beautiful landscapes and enjoy dinner at a local restaurant. **Day 5** Enjoy the day at the Dingle Peninsula. **Day 6** You will travel to Ennis and visit the Cliffs of Moher and an **Optional Tour** to a Medieval Banquet Dinner hosted in a castle. **Day 7** Travel to Kingscourt, visit a Whiskey Distillery and stay in a castle. **Day 8** Your tour comes to an end as to start your departure home. For more information email Katie at krussell@westfordma.gov

Trips and Travel (continued)

TROPICAL COSTA RICA

March 7-15, 2025

Join Collette Tours on a 9-day trip to Costa Rica. 14 Meals included. Explore San Jose, a Coffee Plantation, the Arenal Volcano, a Cano Negro guided river boat tour viewing the 20,000 acres of indigenous wildlife, a family-owned farm or a classroom without borders, Lake Arenal, the world's largest butterfly garden, the Hanning Bridges or the longest canopy zip line tours, Guanacaste, the breath-taking fine sand beaches and Samara, one of the top sunset spots in Costa Rica. For more information email Katie at krussell@westfordma.gov

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.

On behalf of the Friends of the Cameron I would like to thank everyone who helped make the Friends Fall Harvest Fair an amazing success. Crafters baked, knitted, quilted, sewed, created amazing gifts, and helped with Trudy's Boutique tables. Volunteers created posters, advertised, pounded the pavement for donations, assembled gift baskets, worked the raffle tables, baked goods table and gift card table. A special thank you to the staff of the Cameron and Friends family members who hauled, fetched, and carried transforming the meeting room into a magical place.

Sixteen independent vendors joined with the Friend's to create a very special day. A huge thank you to the following local businesses for your generosity! Acupuncture Atelier, Balance Nails, Dalla Nails, Farmer Dave's Hill Orchard, Five Guys Burgers, The Groomery, In Style Hair Salon, Karma, Muffins on Main, Nab One Stop, Ocho Café, O'Neil's Cinema, Panera Bread, Paul's Diner, Presti Pizza, Seoul Kitchen, Silver Palate, Starbucks, Stoney Brook Acres, The Java Room, Trader Joe's, Tyng's Tarry Hair Design and Weston Nursery.

And finally, to the Friends members, you are a terrific team I can't thank enough for all that you do in support of our senior community.

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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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
 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

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BOARD MEMBERS**

Mickey Crocker, Member Emeritus
 Nancy Cook, Chair
 Terry Stader, Interim Acting Vice Chair
 Kathryn Wilson, Clerk
 Patricia Holmes
 Barbara Upperman
 Patty Dubey

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BOARD MEMBERS**

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 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 Jan. 17 and Feb. 21 at 4 pm
 Friends Board Jan. 18 and Feb. 15 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/>



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 M 978.505.1678

Nancy Allam
 M 978.505.8865

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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!

Social Fitness Activities

PING PONG

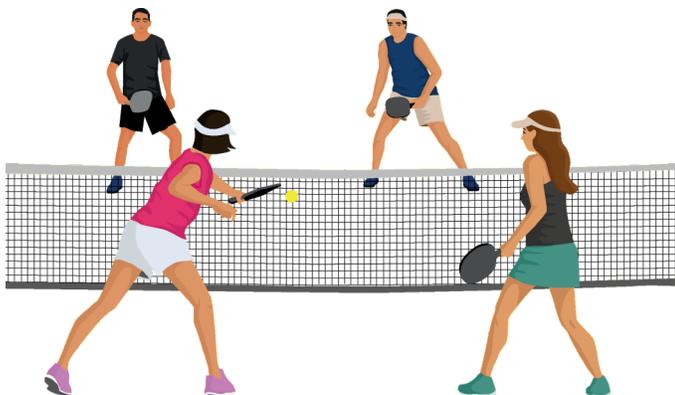
Mondays and Tuesdays at 2pm, Fridays at 9:30am

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 UPBEATS, 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 9am**. Explore the many ways singing makes you feel better and helps benefit your health including improved immune system response, lung function, memory, speaking ability, and confidence. Singing also helps to reduce stress, physical and emotional response, and release anxiety. Social benefits are important too. Give it a try, and see what it can do for you!

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 in 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.

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.

FREE COMPUTER/MOBILE DEVICES CLASSES

Wednesdays 1/17, 1/31, 2/14 and 2/28 at 3 pm

Do you want to feel more confident with technology? Here is your opportunity! We are excited to offer classes twice each month from 3:30- 5:00 with **Jack "The Wiz" Whitman**. He is a junior at Westford Academy and already owns a business in 3D printing and does Code Coaching. He wants to help seniors understand how to use laptops, iPad, cell phones, and more. He will teach basics and more advanced things like using Facetime and other apps. If interested in attending his classes, please sign up at the front desk or call 978-692-5523

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, January 16th** and **Tuesday, February 20th 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.

WESTFORD WOMEN'S CLUB—Next Meetings

Monday, January 29th at 6:30 pm—Zoom Meeting

Guest Speaker Sue Hanly will present
"Caring for your Mental Health"

Monday, February 26th at 6:30 pm @ Cameron Senior Center

Members and interested guests always welcome!

For more information, email westfordwomensclub@gmail.com



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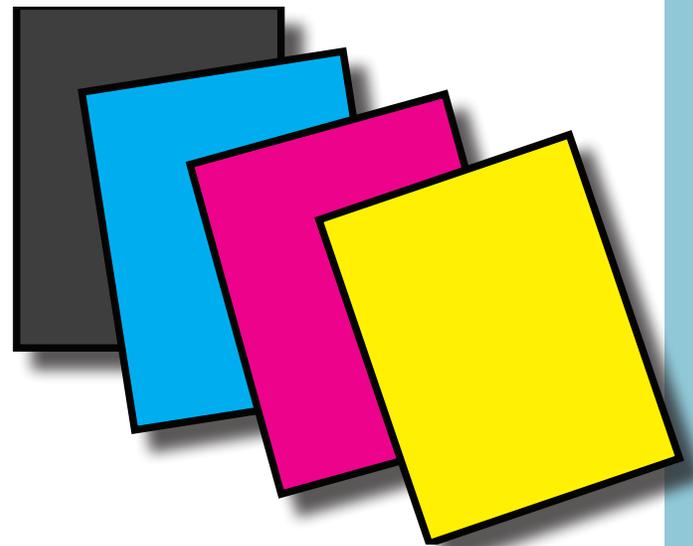
This facility offers key services including urgent care, a Lowell General patient service center, diagnostic imaging services, primary care physicians, obstetrics and gynecology, as well as specialty clinics with Boston's top pediatric specialists from the Floating Hospital for Children at Tufts Medical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



To learn more, visit www.circle-health.org/westford



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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.

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

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CROSSWORD PUZZLE

ACROSS

- "Lorna Doone" character
- Sinbad's bird
- Demolish: Brit. (Fr.)
- Alias
- Cheese
- Leg ends
- Burmese knife
- Taro
- Small S.A. rabbit
- Pilgrim
- Skin vesicle
- Veneration
- Beginning
- Blaubok
- Public vehicle
- 54 (Rom. numeral)
- Israelite tribe
- Ringed boa
- Reading desk
- Abdominal (abbr.)
- Have (Scot.)
- Female falcon
- Butterfly
- State (Fr.)
- Television channel
- Endearment
- Mine (Fr. 2 words)
- Rom. first day of the month
- Per. poet
- Maid
- Compass direction
- Foreign (pref.)

DOWN

- Breach
- Design
- Profound
- Hate
- Fanatical
- Wood sorrel
- Rudderfish
- Flat molding (abbr.)
- "Cantique de Noel" composer
- Kemo
- Turk. title
- Jap. fish
- Intimidate
- Amazon tributary
- Grab
- Kwa language
- "Abner"
- "Fables in Slang" author
- Rhine tributary
- Television channel
- Car
- Insect
- Presidential nickname
- Helper
- Caddy (2 words)
- Male duck
- Loyal
- Hindu soul
- Cella
- Crippled
- Dayak people
- Aeronautical (abbr.)
- Low (Fr.)

ANSWER TO PREVIOUS PUZZLE

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

ENIGMA™
CRYPTOGRAM

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

"KV KT KDQNNQ S QNTKHSZON VPKDF
VR ZN INOO QNTWNDQNQ, ZBV VPN
FORHG ZNORDFT VR RBH
SDWNTVRHT." — MOBVSHWP

PREVIOUS SOLUTION: "Flattery looks like friendship, just like a wolf looks like a dog." — Author Unknown

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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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