

AT THE CAMERON

BOILED DINNER

Wednesday, March 13 12:00 pm

Enjoy a Saint Patrick's Day boiled dinner prepared by students of Nashoba Tech Culinary Arts Program. Don't forget to wear green! **Erin go Bragh! Cost is \$10.** Call 978.692.5523 to sign up.



ACORN TO OAKS

Tuesday, March 19th



In honor of **National Read to Me Day** we will be starting up the Acorn to Oaks Program again with the Roudenbush Preschool classrooms. You can bring your own book to read, but age-appropriate books will be selected by the Children's

Librarian Nancy Boutet at the J.V. Fletcher Library. This will be a monthly program. If you are interested in reading to children, contact Katie at krussell@westfordma.gov or 978.399.2330.

VOLUNTEER APPRECIATION BRUNCH

Wednesday, April 17th at 11 am

We are honored to celebrate our volunteers! The Cameron wouldn't be nearly as successful without the generous gift of time so many of you give. We are so grateful for your time, your good humor, and your dedication. Please join us for brunch in your honor. The delicious quiche will be prepared by RiverCourt Residences and the mini scones will be made by Muffins on Main. We hope to see you all there! Sign up at 978-692-5523 and don't forget to tell the front desk how you have helped us this year.



DINNER with DONNA

Tuesday, April 30th at 5:00 pm



Chef Donna will prepare a tasty Ratatouille (chunky vegetable stew) for dinner. Following Donna's delicious meal, we know you will enjoy guitarist/singer Rockin Ed! Be sure to call and sign up quickly, dinner slots fill fast! 978-692-5523. **\$10 for dinner and enter-**

tainment or \$5.00 for just the entertainment. **Thank you to the Friends of the Cameron and the Westford Food Pantry for subsidizing the costs for this event!**

AN AFTERNOON WITH THE "BEE WHISPERER"

Wednesday April 10 at 2:00 pm

With Special Guest Ken Warchol



Join us for this special program welcoming Ken Warchol, a Massachusetts state Bee Inspector, who will share his heartwarming and engaging presentation on the honeybee.

Ken Warchol is a 6th generation caretaker of bees. Ken's program "The Role of the Honeybee in Our Environment" brings you inside a beehive to better understand the mysterious social insect, challenges it faces, and the role it plays in humanity's survival. Ken also brings samples of a variety of his honey for everyone to taste. Come find out why Ken is known as the "Bee Whisperer!" Door prizes and refreshments promise this will BEE a program you won't want to miss!



This **FREE PROGRAM** is sponsored by the **Westford Women's Club**. Please call the Cameron at 978-692-5523 to sign up.

NEW PROPERTY TAX RELIEF PRESENTATION & PIZZA!

Thursday 3/7 at 12:30 pm

Join us to learn about several Westford benefit programs to reduce your property taxes. Principal Assessor for the Town, Will Naser, and our Outreach Staff will explain the criteria of each program with a slideshow and handouts. Strongly consider attending if you are certified by the state as disabled (any age), a Veteran with 10% disability, or a senior 60 or older. Please call to sign up at 978-692-5523.

INCLEMENT WEATHER POLICY

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.



From the Director' . . .

Lifetime Emeritus Status Given to Robert “Bob” Tierney

The COA Board recently voted to accept the resignation of Robert Tierney, a thirty-year COA Board member at their October 18th board meeting. Bob has been a resolute supporter for the older adult community as well as serving eight years on the Board of Appeals and two terms as a Select Board Member. He also developed the first two affordable housing developments in Town, Haystack Estates and Stone View. Bob's compassion for the COA and Westford has contributed to creating a caring and inviting community. Kristen Las, Town Manager recommended Emeritus status at the request of COA Board of Directors, and Select Board voted unanimously to grant this high honor to Bob Tierney. Jennifer is presenting a certificate in gratitude for three decades of public service to the older adult community and Westford at large.



Pictured above is Jennifer Claro, COA Director (left), Robert “Bob” Tierney (center), and Nancy Cook, COA Board Chair.

Cameron Senior Center Evening Hours Reduced Starting July 1, 2024

At the recommendation of COA Director, the COA Board voted to support offering extended hours ONLY on Tuesday evenings from 8AM-8PM effective July 1, 2024, in place of the current Tuesday and Thursday extended hours. This recommendation by director was to ensure we are utilizing our department funding to best support optimal usage and funding resources. We don't anticipate stopping any of our popular Thursday evening programs, but they will be given first preference to move to Tuesday nights. Katie Russell, Senior Assistant/Program Coordinator is working hand in hand with Annette Cerullo, Outreach Coordinator, and evening supervisor to transition existing programs as well as add some new offerings. If you wish to see a program or class added to Tuesday evenings, please reach out to Annette or Katie at 978-692-5523.

From the Town Moderator:

ANNUAL TOWN MEETING MARCH 23, 2024 STARTING AT 9:00 AM

Annual Town Meeting is set to take place on Saturday, March 23 at Westford Academy. We continue to make improvements that will allow voters who join the meeting to do so with a minimum of inconvenience and a maximum of reward. I encourage all voters to attend—because more participation equals better democracy. See you there!

Date / Time / Place: Sat. March 23, 2024 9:00 am: Annual Town Meeting begins in **Westford Academy large gymnasium**. If needed, Mon. March 25, 2024 7:00pm: Annual Town Meeting continues in Westford Academy large gymnasium.

Town Meeting Timeline listing what is happening and when: <https://www.westfordma.gov/DocumentCenter/View/13880/2024-ATM-Timeline->

Fiscal 2025 Budget Link: <https://www.westfordma.gov/DocumentCenter/View/13899/FY-2025-Budget-Detail-12122023>

Other Budget Information including Budget Detail, Capital Plan, Financial Model and Town Manager's Budget Presentation: <https://www.westfordma.gov/DocumentCenter/Index/1531>

Our annual budget is the biggest and most important article we vote on at Annual Town Meeting but there will be other matters presented for decision as well. To learn more check the Select Board agendas between now and the meeting date for presentations of articles, attend the League of Women Voters Warrant preview on March 14 and watch the Town Moderator's webpage for updates: <https://westfordma.gov/891/Town-Moderator>

WHAT'S NEW AT TOWN MEETING?

- To account for a larger number of voters attending Town Meeting, Westford has purchased 800 additional electronic vote tabulators.
- To provide for smoother check in, the Town now has 20 poll pads allowing the Tellers to check voters in electronically.
- Did you know free transportation is available to and from Town Meeting for any Westford voter? It's a great way to be energy conscious. You won't have to look for a parking space, and you can travel with friends! Also if you need a ride to meeting, please call Robert Rafferty, COA Transportation Dispatcher at 978 399 2322 to schedule a door to door round trip—available to all ages! However, we must have a 48 hour notice.
- Did you know that free childcare on the premises is provided by Westford Recreation, and is available to any Westford voter for Town Meeting? Watch for the sign up notice before the next Town Meeting!

PLEASE CONTACT THE MODERATOR OR THE TOWN MANAGER'S OFFICE IF YOU NEED ANY SPECIAL ACCOMODATIONS AT TOWN MEETING. HEARING ASSISTANCE HEADSETS ARE AVAILABLE AT EVERY MEETING.

Jennifer Claro

EMERGENCY PREPAREDNESS TRAINING

Tuesday, March 19th 1pm

This training brings together seniors, people with disabilities, local emergency planners, and first responders to get information and tools for preparing for different emergency situations.

These trainings ensure people with disabilities have the assistance and appropriate resources needed in times of emergency.

Each training includes discussion on:

- Emergency response resources and procedures locally and statewide
- Steps that can be taken to personally prepare for emergency situations

Members of the disabled community will learn about the personal steps they can take and are given planning guides to help in this process. We will also hand out guides for first responders on how to best support people with disabilities in an emergency.

Participants receive a planning guide and an “emergency go pack” with a first aid kit, combination flashlight-radio, and other critical emergency items upon completion of the training. **To sign up please call Brittany Nash at 978 399 2564 or send her an email at bnash@westfordma.gov**

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.

WESTFORD CAMERON SENIOR CENTER FOOD DISTRIBUTION PROGRAM

Food donations make a difference to the lives of Westford seniors and others

The program is open to both Westford and out of town residents. The program offers “free” food to anyone 55 or older twice a week. As needed, people/families under 55 are also offered food with the Ok of the Westford social worker. An average of 6-8 volunteers work on both days at the food distribution room, plus pick up the food donations by cars/ trucks from the different food locations at least four times per week.

For the last two years (2022 & 2023) the program coordinators have kept records of how many people have used the program during the year:

Calendar Year	Number of Individuals Served
2022	5,707
2023	7,700
Increase	1,993



History of Cameron Senior Center Food Distribution Program

Between the year 2022 and 2023 the food distribution program signups have grown by 1,993 . The need for food has increased with inflation and more. The Cameron Senior Center Food Distribution Program started small around 10 years ago with several volunteers. The program started with items donated by Panera Bread of Westford and dropped off at the Cameron Senior Center on Monday morning. The bakery items were bagged by volunteers and given out for free during the morning and taken home. The Food Distribution Program is different than, and separate from, the Westford Food Pantry.

The program grew when Whole Foods of Westford opened in 2016 and wanted to partner with the Cameron Senior Center Senior and expand the Program to Monday, Tuesday and Thursday. The program decided to offer the Food Distribution 2 days a week instead of 3. (Monday & Thursday)

Volunteers, both drivers and organizers pick up and arrange the donated food from Panera and Whole Foods at the Cameron several times a week.

The Cameron large community room is set up with tables like a mini store of fresh and frozen items, cheese, milk products, grocery items, bread, desserts and more.

During the summer, stations were arranged outside under tents, including during the Pandemic.

On certain snowy days, rainy days, and holidays, and during Pandemic (Covid), the food was divided and packaged in grocery bags. The bags were given out as a drive by and people picked up a bag of food.

The program continued to grow and 4 years ago Trader Joes called and wanted to see if they could partner with the Food Distribution Program too.

Food and grocery items are also donated by Walmart of Hudson NH (through the Westford Rotary Club) regularly.

Food that remains on Monday or Thursday at the end of the day is saved and stored in the (grant donated) new Refrigerator and Freezer or given to the Westford Food Pantry, Chelmsford Food Pantry, and others as needed. The goal is to waste no food.

The Cameron Senior Center Food Distribution Program cannot say enough “thank you’s” to all the food contributors and Cameron Food Distribution Volunteers that have been giving out food over the years, and helped so many Westford and out of town seniors and others!

Westford Cameron Food Distribution Volunteers as of 2/1/2024: Frances, Patti, Sarah, Pat L., Shirley, Evie, Colleen, Jo, George, Don and Victor

Health and Wellness Offerings—Fitness Classes

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—March 5th - April 23rd

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 - March 7th - April 25th

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—March 5th—April 23rd

Thursdays March 7th—April 25th

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—March 5th—April 23rd

Thursdays March 7th—April 25th

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, March 5th

Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford (next to Eastern Bank). A full body conditioning class focusing on core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Tap into a host of health benefits from a full-body workout around a cardio format while increasing strength and stamina. **Class size is limited. Call to sign up at 978.692.5523. Class fee:** Westford residents- \$80 and non-residents- \$96. 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 March 6th

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 March 11th. No class April 15th.

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

INTERMEDIATE YOGA

Wednesdays at 11am

8 weeks starting March 6th

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

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



GUIDED MEDITATION WITH BRITTANY

Monday, March 11th and Monday, April 8th at 11am

Join Brittany Nash, Community Health and Wellness Coordinator at the Westford Health Department for a 45 minute guided meditation at the Cameron Senior Center, 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**



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.

Health and Wellness Offerings— Clinics, Screenings and More

HEARING SCREENING

MONDAYS—March 11th and April 8th 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—March 12th and April 9th 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.

FREE HEALTH SERIES

Tuesdays - Mar. 12th & April 9th at 4:30 pm

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

In March, Brittany Nash of the Westford Health Dept, will be here to address the Opioid Crisis and demonstrate Rescue Kits.

In April our guest speaker is Dr. Stephen Hoenig who will educate us about vascular disease. Please sign up at 978-692-5523 to participate in either program.

Our Healing Bowls program was postponed twice due to snow and has been rescheduled for **May 14th at 4:30**.

PLANNING FOR MEDICARE: COUNTDOWN TO 65

March 26th, 5:00 pm

Lisa Farnham of BC/BS (Blue Cross / Blue Shield) will be here to discuss how and when to sign up for Medicare. She will answer your questions and help you through this critical process. Please call to sign up at 978-692-5523.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?

Mondays, March 11th and April 8th by appointment.

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.

CARING FOR THE CAREGIVER WEBINAR:

TOPIC: Programs that May Assist Families with Medicare Costs **DATE: Thursday, March 28th.** Executive Office of Elder Affairs is hosting a webinar which will focus on programs that may assist families with Medicare costs, including federal, state, and other programs for which Medicare beneficiaries may be eligible.

You can register on this website: <https://www.mass.gov/info-details/caring-for-the-caregiver-webinar-series>

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.



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>

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

MONDAYS—March 25th and April 29th 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 appointment at the front desk 978.692.5523.

NEW DID YOU KNOW?

Have you heard of GoGo Grandparent? This is a service that coordinates rides for seniors, delivery of groceries, prescriptions, meals, and more. They claim "GoGoGuardian Technology dramatically improves the reliability and usability of partners like Uber, Door Dash, Instacart and others for people who want to live independently in their home as long as possible". Check out the website www.gogograndparent.com or call 1-855-464-6872.



Social Services and Outreach News

OUTREACH

As your Outreach Coordinators it is our job to listen to your concerns and provide you with helpful resources and information. Everyday folks come to us about limited finances, rising costs, housing issues, loneliness, physical limitations, medical equipment needs, and more. If you are struggling with something and don't know where to turn, feel free to call Annette or Jen B at 978-399-2326 and we will do our best to serve you.

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 - 3/26 & 4/23 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.

Housing & Independent Living Resources

NEW FY'25 PROPERTY TAX WORK OFF PROGRAM

Many folks are concerned about the increase in property taxes in our area. Property Tax Work Off allows for work in a Town Department in exchange for a reduction in your property taxes. The program is for seniors age 60+ and Veterans age 18+ who own and occupy their homes and pay taxes to the town. The maximum benefit is \$1500 minus a few federally mandated deductions. This equates to about 100 hours of work anytime between July 1st 2024 and March 15th of 2025. If you are interested, pick up an application and information packet at the Senior Center front desk and submit to Alison Christopher. If there are more applicants than slots in the program, we will hold a lottery in May with new participants given priority. You will be notified in June if you are able to participate.

WESTFORD POWER OPTIONS PROGRAM (POP) Update

The Town's three-year contract with electric supplier, Constellation, was renewed for another two years this past December. If you are currently in the program, you don't need to do anything. You have been automatically rolled into the new contract for 2024 and 2025. You will see an increase in the rates per kWh, 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, and the supplier will still be Constellation. If you have any questions, call Annette or Jen at 978-399-2326.

SPRING CLEAN UP – Deadline April 26th

It is that time of year when many of you will be thinking about spring yard cleanup. Due to growing numbers of seniors requesting this service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers, but **we will be prioritizing seniors with a demonstrated need first** – financial, health, physical etc. We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 to be added to the list by **Friday 4/26**.

L.I.H.E.A.P. We're approaching the end of the Fuel Assistance application season! If you have noticed your National Grid or oil bills stacking up this winter, the last day to apply for help with payment is April 30th, 2024. The Massachusetts' home energy assistance program (LIHEAP) is a free resource, offered through 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 <https://www.commteam.org/program/low-income-home-energy-assistance-liheap/> or through Alison, Annette, and Jen B. at the senior center.

Income Eligibility:

Household income cannot exceed 60% of Massachusetts' estimated State Median Income (for example in 2024, \$59,359 for a family of 2 and \$87,294 for a family of 4). While income is not the only factor in eligibility, please find the maximum FY 2024 income guidelines in this table.

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 other resources in addition to LIHEAP. Our ARPA funds have run out until July 1, 2024. However, the Friends of Cameron have an emergency fund for senior households in need of short-term assistance with heating costs or other emergency expenses. There are a few other 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.

Community Resources

ASK THE FIRE PREVENTION OFFICER

Thursdays March 14th and April 11th at 11 am

Ryan Monat, FF/Paramedic, Fire Prevention Officer & S.A.F.E. Officer will be here at the Cameron once a month to discuss fire safety.

SIT WITH THE STATE SENATOR STAFF MEMBER

Thursdays March 21st and April 18th at 1:30 - 3:00 pm

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

ASK THE LAWYER

Tuesday, March 5th beginning at 9:30 am

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

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 March 12th and April 9th at 11 am

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 Stader**, Westford's retired veteran's agent and Westford resident.

ASK THE REALTOR with Kathy Cunningham, Coldwell Banker

Mondays March 11th and April 8th at 11:00 a.m.

Call 978.692.5523 to schedule an appointment.

NEWEST TRENDS IN REAL ESTATE!

Tuesday, March 26 at 12 pm

Come to a presentation from Kathy Cunningham of Coldwell Banker to hear the latest in Market Trends, Styles, Strategies for making a move and more. There will be prizes and a light lunch! Call to register.978.692.5523.

MULTICULTURAL CALENDAR

Created by the Westford Diversity, Equity & Inclusion Committee.



Unable to scan?
Go to:



Scan to see Calendar

www.tinyurl.com/Observances2024

A non-exhaustive list of state & federal holidays, cultural celebrations, & significant religious observances of the major faiths represented in Westford. If you have any question, feel free to email WestfordDEICommittee@gmail.com

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**

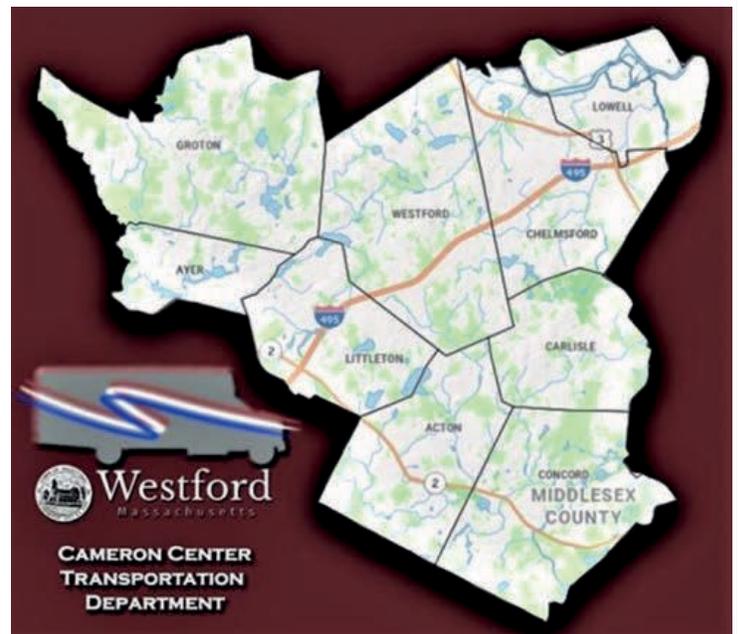
AT LEAST two business days notice required, more notice is appreciated!

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

GAME NIGHT – THURSDAYS—3/7 & 4/4 at 4:30 pm *



Join us for an early evening of fun and laughter. All the games played are easy to learn. In March, we will play the popular tile game, **Rummikub**, and in April, we'll play the word game, **Boggle**. The cost is **\$4.00** for refreshments and light meal. Please sign up in advance for planning purposes, 978-692-5523.



BIRTHDAY CELEBRATION

Wednesday, March 6th at 12:00 pm
Shepherd's Pie

Friday, April 26th at 12:00 pm
Pork Loin



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

MEN'S BREAKFAST *

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

Mon, March 11th 8am Joe Ponti and the Tea Story.

Mon, April 8th 8am Estate Planning lecture living trusts /avoiding probate court/ protecting your assets; and much more with Gerald I. Shyavitz esq.

Cost is a \$4.00. RSVP to 978 692 5523.



WOMEN'S BREAKFAST *

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

Friday, March 20th at 9 am

Estate Planning lecture living trusts /avoiding probate court/ protecting your assets; and much more with Gerald I. Shyavitz esq.

Cost is a \$4.00. RSVP to 978 692 5523.

MUSIC MAKERS LUNCHEON

Friday, April 19th 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.



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 March 15th at 12pm Hot Dogs & Hamburgers

Friday March 29th at 12pm Sausage and Peppers Stir Fry

Friday April 5th at 12pm Hot Dogs & Hamburgers

Friday April 12th at 12pm Chef Mike's Salad

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 3/27 & 4/24 at 11:30 am

Be sure to mark your calendars for our next outings on **Wednesday, March 27th** at Mario's 223 Groton Rd, Westford and **Wednesday, April 24th** at Elegant Chef, Nashoba Tech School, 100 Littleton Rd, Westford. Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit.



MOVIE SHOWINGS - THURSDAYS on 3/21 & 4/18 at 5:00 pm *

Join us in March for the comedy drama, **The Bagdad Café** and in April for the semi autobiography/drama, **Belfast**, starring Judy Dench. Just **\$5.00** for a movie, popcorn, refreshments, and light meal. Please call to sign up at least 3 days prior to movie 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!

THE "BEAT GENERATION"

A Cultural Review of the 1950s Through Music

Wednesday April 3rd at 12pm Cost \$5.00

Please Join us for this 1950s Multi-Media Event and Lunch. The music reflected the times, and we pay tribute in this presentation to many of the greats: Chuck Berry, Buddy Holly, Jerry Lee Lewis, Ray Charles, Little Richard, James Brown, Fats Domino, Pat Boone, and others. The presenter is Fran Hart, founding member of the Beatles tribute band 4EverFab. The presentation is family-friendly and suitable for all ages. **This program is supported in part by a grant from the Westford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Sign up online or at 978-692-5523.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
March 2024				1 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong
4 9:30 Bone Builders 10:00 Sewing 11:00 Ask the Realtor 1:00 BINGO 1:00 Whole Foods / TJs 2:00 Ping Pong	5 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 9:30 Ask the Lawyer 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	6 9:30 Bone Builders 11:00 Intermediate Yoga 12:00 Birthday Lunch 12:30 Cribbage 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 12:30 Prop. Tax Pres / Pizza 12:45 Bone Builders 1:00 Buried in Treasure 1:00 Whole Foods / TJs 2:00 Bridge 4:00 Piano Lessons 4:30 Game Night 6:00 Tai Chi / Qigong	8 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong
11 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Sewing 11:00 Guided Meditation 11:00 Ask the Realtor 12:00 Gentle Yoga 12:30 SHINE 1:00 BINGO 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 4:30 Health Series	13 9:30 Bone Builders 11:00 Intermediate Yoga 12:00 Boiled Dinner 12:30 Cribbage 1:30 Knitting Group 3:00 Computer Class 6:00 Food Pantry	14 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 11:00 Ask Fire Prev. Ofcr 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	15 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO
18 9:30 Bone Builders 10:00 Sewing 12:00 Gentle Yoga 1:00 BINGO 1:00 Whole Foods / TJs 2:00 Ping Pong	19 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 1:00 Emergency Prepl 2:00 Book Club 2:00 Ping Pong 7:30 Radio Club (PART)	20 9:00 Women's Breakfast 9:30 Bone Builders 11:00 Intermediate Yoga 12:30 Cribbage 1:30 Knitting Group 4:00 COA Board Meeting 6:00 Food Pantry	21 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 6:00 Tai Chi / Qigong	22 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong ANNUAL TOWN MEETING TOMORROW! 3/23/2024 AT 9:00
25 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	26 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 12:00 Newest Trends in R.E. 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 5:00 Plan for Medicare 6:00 Dementia Caregiver	27 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 Restaurant Rev 12:30 Cribbage 1:30 Knitting Group 3:00 Computer Class 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 1:00 Buried in Treasure 2:00 Bridge 4:00 Piano Lessons 4:00 Grief Support 5:00 Movie Night 6:00 Tai Chi / Qigong	29 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 BINGO Lunch 1:00 BINGO

Cameron Center Open: 8 am—4 pm Mon, Wed., & Friday, 8 am—8 pm Tuesdays & Thursdays

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, Tues. & Thurs. 8:00 am - 7:45 pm Trudy's Boutique open daily from 9am - 3pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:30 Bone Builders 10:00 Sewing 12:00 Gentle Yoga 1:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong</p>	<p>2</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>3</p> <p>9:30 Bone Builders 11:00 Intermediate Yoga 12:30 Cribbage 1:30 Knitting Group 12:00 Beat Generation Lunch 3:00 Computer Class 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 1:00 Buried in Treasure 2:00 Bridge 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 Guided Meditation 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 9:15 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 12:30 Cribbage 1:30 Knitting Group 2:00 Bee Whisperer 6:00 Food Pantry</p>	<p>11</p> <p>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</p>	<p>12</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>15</p> <p>Center Closed</p>  <p>Patriots' Day</p>	<p>16</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 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 11:00 Volun. Apprec. Brunch 12:30 Cribbage 1:30 Knitting Group 4:00 COA Board Meeting 6:00 Food Pantry</p>	<p>18</p> <p>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</p>	<p>19</p> <p>8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 Music Makers Lunch</p>
<p>22</p> <p>9:30 Bone Builders 10:00 Sewing 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 11:30 Restaurant Review 12:30 Cribbage 1:30 Knitting Group 3:00 Computer Class 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 2:00 Bridge 4:00 Grief Support 6:00 Tai Chi / Qigong</p> <p>DEADLINE SPRING CLEAN-UP IS TOMORROW 4/26/23</p>	<p>26</p> <p>8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 Birthday 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</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 5:00 Dinner with Donna</p>			<p>April 2024</p>

Cameron Center Open 8 am—4 pm Mon, Wed., & Friday, 8 am—8 pm Tuesdays & Thursdays

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, Tues. & Thurs. 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 March and April, BINGO will be held on **March 15th and 29th, and April 5th and 12th!** 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

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.

With funds raised from our many activities we continue to provide qualified seniors with emergency financial assistance for food, housing, utilities, medical services, and transportation. Friends sponsor social activities, organize fundraising events, manage Trudy's Boutique, help cover costs of fitness and exercise classes, so Westford seniors can attend.

Spring will soon be upon us, and the dark and snowy days of winter will be only a distant memory. Currently we are in the process of planning some exciting spring events.

The Friends membership drive will take place this coming May. Information will be available throughout the Cameron.

Coffee, creamers, and cups are purchased by the Friends for your enjoyment while at the Cameron. Usage and cost doubled during the last six months of 2023, and to continue this service, we kindly ask that you pay 50¢ per cup.

The next Friends meetings will take place on March 21st, and April 18th at 10:00 am in the computer room. Meeting is open to all.

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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WESTFORD WOMEN'S CLUB

Next Meetings - Cameron Senior Center

Monday, March 25th at 6:30pm Multipurpose Room
Guest Speaker: **Elizabeth Almeida**
"All Things Mushrooms"

Monday, May 20th at 6:30pm in Multipurpose Room

Members and interested guests are always welcome.

For more information, email westfordwomensclub@gmail.com

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 **Tues., March 19th** and **Tues., April 16th at 7:30 pm**. You can get more information about the club and the hobby at the club's website (www.wb1gof.org), or send an email to k1ig@arrl.org

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

COUNCIL ON AGING BOARD MEMBERS

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

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 Pat Reppucci, President
 Donna Owens, Vice President
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 Lynne Stader, Asst. Treasurer
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 Gail Austin
 Terry Cryan
 Frances Kosenko
 Janine Nichipor
 Christine Robinson



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

20 Pleasant St., Westford, MA 978.692.5523

www.westfordma.gov/coa

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

BOARD MEETINGS

COA Board March 20 and April 17 at 4 pm
Friends Board March 21 and April 18 at 10 am



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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 camaradery 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!

Social and Enrichment Activities

BOOK CLUB - TUESDAYS - 3/19 & 4/16 at 2:00 pm

 Are you a reader who likes to talk about books? Join us in our cozy library in **March** to discuss the infamous murder mystery ***And Then There Were None*** by Agatha Christie and in **April** the true and humorous ***Calypso*** by David Sedaris. You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-2326

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.

FREE COMPUTER/MOBILE DEVICES CLASSES

Wednesdays 3/13, 3/27, 4/3, 4/24 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 3:00– 4:00 pm with **Jack "The Wiz" Whitman**. He is a senior 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

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. 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>

NEW INTRO TO PICKLEBALL CLASS AT MILLWORKS

TUESDAY, March 19, 26, April 2 and 9th at 9:30am

WEDNESDAY, March 20, 27 April 3 and 10th at 5:30pm

Pickleball D3 of Millworks offers a lesson 4-Pack. This series of FOUR-75 minute lessons (**5 hours of training**) covers all primary shots of pickleball-drive, drop, dink, serve, volley, overheads and lobs. This **BEGINNER PROGRAM** is for individuals that have never picked up a pickleball paddle or that have limited playing court time. This program will give a student the opportunity to build their game from the ground up before developing bad habits or poor stroke mechanics. You will learn the rules of pickleball, how to keep score, how to grip a paddle, the difference between a drive, drop and dink and how to hit a groundstroke, serve, volley, soft shot, overhead, lob and the 3rd shot drop. This course is essential for all new players that want to have more fun learning and playing pickleball. All equipment will be provided during a class session including paddles, nets, and balls. All you need to do is register, show up, wear tennis shoes (not running shoes) and be prepared to have fun and learn. The cost per player/per session is \$30 (**total \$120**). There are only four players per clinic.

COURSE SYLLABUS:

LESSON 1: Dink

LESSON 2: Volley

LESSON 3: Ground Strokes, Serve, Transition, Scoring

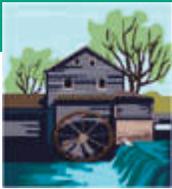
LESSON 4: 3rd/5th Shot Drop & the rarely discussed 4th shot and playtime.



COACH'S BIO



Donald Van Dyne of Pickleball D3, LLC is a Professional Pickleball Registry (PPR)- Certified PRO; the Director of Pickleball D3 Management Systems and the Lead Clinician and Pickleball Program Manager at The Mill Works in Westford, MA. He directs all pickleball operations to include private, semi-private pickleball lessons and clinics; daily open play pickleball sessions; organizes and supervises tournaments, leagues and pickleball special events. In addition, Donald is the Massachusetts Senior games Tournament Director and Event Manager. He is a regional, state and national tournament medalist, the Senior state champion in Men's Doubles and Mixed Doubles, a Level 1 Referee, a NIKE Pickleball Camp director, and a USA Pickleball Association Ambassador. Donald works to create a safe, encouraging, and fun learning environment for pickleball beginners to tournament contenders and coaches' players of all levels to prepare for recreational and competitive play. Donald emphasizes the mechanics and strategy of pickleball.



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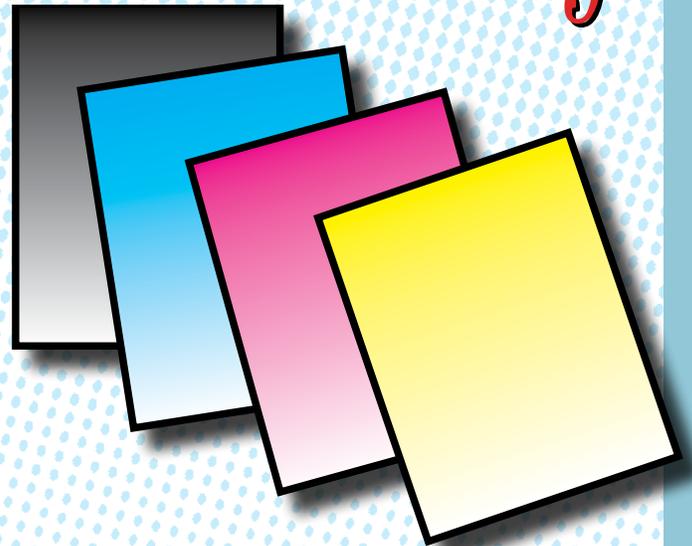
This facility offers key services including urgent care, a Lowell General patient service center, diagnostic imaging services, primary care physicians, obstetrics and gynecology, as well as specialty clinics with Boston's top pediatric specialists from the Floating Hospital for Children at Tufts Medical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



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



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BRAIN GAMES

Answer to Sudoku

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

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

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

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CROSSWORD PUZZLE

ACROSS

- 1 Israeliite tribe
- 4 Biblical grants
- 8 Universe (pref.)
- 12 Switchbird
- 13 Synthetic rubber
- 14 Table scraps
- 15 Eg. god of pleasure
- 16 Tallow (2 words)
- 18 Madame Bovary
- 20 Commotion
- 21 Padded jacket under armor
- 25 Son of Zeus
- 29 Dish (2 words)
- 32 Ganda dialect
- 33 Agent (abbr.)
- 34 Indian sacred fig
- 36 "Blue Eagle"
- 37 Ravine
- 39 Immense
- 41 Swelling
- 43 State (Ger.)
- 44 Medieval shield
- 46 Before (Lat.)
- 49 Culm (2 words)
- 55 Fiddler crab genus
- 56 Snake (pref.)
- 57 Unfledged bird
- 58 Centers for Disease Control (abbr.)
- 59 Love (Lat.)
- 60 Tooth (Lat.)
- 61 Exclamation

DOWN

- 1 Deride
- 2 Attention-getting sound
- 3 Raze
- 4 Amer. Bar Assn. (abbr.)
- 5 Pigeon
- 6 Black cuckoo
- 7 Hindu god of love
- 8 Banner
- 9 Yellow ide
- 10 As written in music
- 11 Mountain standard time (abbr.)
- 17 Amer. Dental Assn. (abbr.)
- 19 Pointed (pref.)
- 22 End
- 23 Auricular
- 24 Rom. historian
- 26 Build
- 27 Irish sweetheart (abbr.)
- 28 Hall (Ger.)
- 29 Created
- 30 Old-fashioned oath
- 31 Beer ingredient
- 35 Afr. worm
- 36 Vomiting
- 40 Drain
- 42 Amer. Cancer Society (abbr.)
- 45 Habituated
- 47 Alternating current/direct current (abbr.)
- 48 Apiece
- 49 Tibetan gazelle
- 50 Revolutions per minute (abbr.)
- 51 Exclamation
- 52 Nautical chain
- 53 Belonging to (sul.)
- 54 Manuscripts (abbr.)

ANSWER TO PREVIOUS PUZZLE

MORACADINEIR
EMITABEDINDIA
SIADOTARECGI
MEGMARTEIN
THE NEALETAL
EONINTLLETAL
ROCDUMASADIA
PITER SAPATAI
LESNPGER
CIRAVAT SAG
LIADBALLAFAR
AICUAKEEBABIA
PIESLEAD IAMB

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CRYPTOGRAM

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

"XDMXIAOG TO YO ELAX TJIT ZJXD
COH MLX XAXD TJX HDMXGTIVXG
ZLEE WX YOGGC."

— BIGV TZILD

PREVIOUS SOLUTION: "It is indeed a desirable thing to be well descended, but the glory belongs to our ancestors." — Plutarch

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