

# AT THE CAMERON

## "GAY NINETIES CELEBRATION!"

The Westford Council on Aging is pleased to announce once again our annual Gay Nineties Celebration on **Friday, May 17<sup>th</sup>** from **10:30 AM – 2:00 PM** at the **Westford Regency Inn**. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 AM with entertainment. **Advanced registration is required, at 978.692.5523, before May 6<sup>th</sup>.**

Our honored Westford guests aged 90 and over are welcome to bring **two** guests; they will be seated at your table. **Both the honoree and their two guests attend free of charge.** The cost for all other guests will be \$30 if you are not a member of the Friends of Cameron, and \$19 if you are a Friends member. Westford residents will have priority. Transportation is available.

Thank you to our sponsors for their financial support: The Friends of Cameron; Nancy and Chet Cook; Westford Florist; Nashoba Valley Technical High; Westford Rotary.



## ELVIS PRESLEY TRIBUTE - JUNE 5TH at 1 pm

The Friends of the Cameron will be hosting an **Elvis Presley Tribute performance at the Cameron.**

**Cost \$10.** Please keep an eye out for further details.

## 30 YEAR ANNIVERSARY OF THE CAMERON

June 12th at 1:30 pm

Our COA Board and staff, as well as Friends of the Cameron Center, are thrilled to celebrate the **30<sup>th</sup> year Anniversary of Cameron on Wednesday, June 12<sup>th</sup> from 1:30-3:30 pm.** We will have caricature drawings, tours, door prizes and more. Please RSVP for this fun occasion at 978-692-5523. Transportation is available; please provide a 48-hour notice by calling Robert Rafferty, Transportation Dispatcher at 978.399.2322.

## DINNER with DONNA & DANCING – JUNE 25th at 5:00 pm

Join us for a FUN night starting with Donna's delicious baked chicken, roasted baby potatoes and mixed veggie dinner! Then get on your dancing shoes for grooving with DJ Sha-boo from 5:30 to 7 pm. Be sure to call and sign up quickly, dinner slots fill fast. 978.692.5523.

**\$10 for dinner and entertainment or \$5.00 for just the entertainment.** Thank you to the **Friends of the Cameron and the Food Pantry for subsidizing the costs for this event!**



## SUMMER CASINO TRIP TO ENCORE!

**Tuesday, June 11th**

In honor and remembrance of our dear friend and ardent supporter Richard (Dick) Severyn, we will be traveling to **Encore Casino in Everett on Tuesday June 11th**, and are **inviting all those ages 50 and older** to join us. MBT Worldwide Coach will be driving us with **departure from the Franco-American Club at 9:00 am. Please arrive by 8:45 am and park in the rear of the lot. Departure from Encore is at 3:30 pm.** The fee for this trip will be **\$40** which includes driver gratuity, and is **due at sign-up** as there will be **limited seating. Encore does give a \$20 bonus**, which you will receive upon arrival at the casino. If you have any questions, please contact Claire. **Please call 978.692.5523 to sign up for this fun day at Encore!**



## EBI's SUMMER BBQ COOKOUT IS BACK!

**Friday, June 28 at 12 noon at the Franco Pavilion**

You will enjoy freshly grilled BBQ chicken and/or beef, accompanied by rice, grilled tomato, dessert, beverages and some tunes performed by local Tim Clark. A special thanks to Ebi and Desiree Masalehdan for sponsoring this **FREE** event. Please RSVP at 978.692.5523.

## HAS ANYONE SEEN \$500 MILLION IN ART LYING AROUND BOSTON?

**Friday, July 5<sup>th</sup> at 1:30PM**

In the early hours of March 18, 1990, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art. None of the priceless items have ever been found. Numerous suspects have been named over the years, but none have been arrested. Many are now dead. Bob Ainsworth, was raised in New Jersey, earned a BS in Accounting from Boston College, an MBA in Finance from Northeastern University, and had his CPA. He worked in corporate accounting as a CFO and Controller and taught accounting. Bob, who authored **DUPED**, a fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime. Special thanks to the Friends of the Cameron for their financial sponsorship of this event. **Cost is \$3.00.** Please sign up by phone 978.692.5523 or online at [myactivecenter.com](http://myactivecenter.com)



## From the Director' . . .

We are excited about the spring/summer months that will soon be upon us and beginning a new fiscal year together. To ensure the necessary operations of the center and building needs there have been recent changes made for FY25 which include the following:

- Starting July 1<sup>st</sup>, we will **be offering extended hours on Tuesday evenings only** and incorporating many of your favorite Thursday PM programs into Tuesday.
- We will only offer Friday BINGO if volunteer caller(s) is found. If you are interested in being a volunteer caller, please see Katie Russell or call 978.399.2330. We hope to have more information to come once caller(s) is secured. BINGO (Monday or Friday) will start at 12 noon instead of 1 pm. If Friday Bingo is happening, there will no longer be a pre-BINGO lunch served. Please feel free to bring your own.
- We are excited to offer new programming that will include local trips to your favorite or a new ice cream location during summer, and starting in May, a watercolor class with **Claire Gagnon** an accomplished artist in acrylics, watercolor and drawing. A special thank you to *Katharine Karr* for helping our COA find Claire.
- We will no longer be offering a class fee structure based on number of classes you are taking at the Cameron. Now we will simply charge per class. This change is due to our broader range of class offerings, instructor fees, on-site/off-site, equipment, etc. **Important to note: Please remember we have funding available to help a Westford resident participate in class(es), but we just ask that you meet with one of our social service staff members so they can assist in registering for class(es), programs, luncheons, special events, or COA van trips.** Please call social service staff members, Alison Christopher 978.039.2325, Annette Cerullo and Jen Beale 978.399.2326 if you want to request financial assistance.



Our COA Board and staff, as well as Friends of the Cameron Center, are thrilled to celebrate the **30<sup>th</sup> year Anniversary of Cameron on Wednesday, June 12<sup>th</sup> from 1:30-3:30 pm.** We will have caricature drawings, tours, door prizes and more. Please RSVP for this festive and upbeat occasion at 978.692.5523. Transportation is available; please provide a 48-hour notice by calling Robert Rafferty, Transportation Dispatcher at 978.399.2322.

Lastly, over the coming months we will be having building improvements done which will include refurbishing the Card Room floor, new flooring for Computer Room, general flooring maintenance and repairs, expanded storage capacity in our closet near the elevator on second floor, window improvements, and plastering and painting in needed areas. We will keep you posted on these projects as improvements begin with funding from Town designated ARPA funding.

Come Celebrate!

*Jennifer Claro*

### **MEET OUR NEWEST EMPLOYEE!**

Michael Clayton joins our staff at the Cameron to assist Chris Mitchel with maintenance. If you see Mike around, please be sure to introduce yourself to him. **Welcome Mike!**



**Michael Clayton**

### **Richard S. Severyn**



Our dear friend and ardent supporter, Richard (Dick) S. Severyn passed away on February 15, 2024 in Minnesota, where he had moved to be with his daughter. Dick was 92 years old.

Dick was a long-time volunteer and past President of the Friends of The Cameron Senior Center. During his tenure as president, he was instrumental in obtaining the piano still being used at the Cameron today. Dick also helped the Friends receive the Cummings Grant, which greatly enabled the Center to expand programming for the 5 years of the grant. He loved to play cribbage, canasta, and BINGO, and was happy to call BINGO whenever needed. He also helped to organize casino trips and called BINGO on the bus!

Dick was also one of the founders of the Westford Food Pantry, and volunteered to pick up donated food at Market Basket weekly and brought it to the Food Pantry. Dick truly loved coming to the Cameron, being a part of and participating in all the events. He was a great asset to the Cameron Senior Center, and his giving spirit will be greatly missed.

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

**THANK YOU!!**



A HUGE thank you to **Hal Schreiber** for the tremendous volunteer effort ensuring the Tax Return Preparation Site ran efficiently an overseeing the completion and electronic filing of **more than 300 State and 300 Federal returns!**

We would like to thank several knitters, including **Katharine Karr and Linda Bicknell**, for helping cull and clean our Craft Room.

**CORRECTION:**

In the March / April newsletter, **Judy Davis**, a faithful volunteer with the Monday and Thursday Food Distribution Prom, should have been highlighted for her weekly volunteer efforts with this popular program. Judy was not mentioned, and we are very sorry. Thank you Judy!

**FIELD PARKING:**

When you drive into the field on the dirt drive, please follow drive to the RIGHT facing the basketball court and park on that side of dirt drive. Please don't park on the left side of the field entrance near the neighbor's property. If you have questions, see Jennifer. Thank you!

**CAMERON BUCK\$ CARD FOR WESTFORD RESIDENTS**

Cameron Buck\$ cards offer a \$5-\$10 discount depending on an individual's age, as well as providing an alternate payment source eliminating carrying cash, credit card, or purse. The card is simply a punch card with \$1 and \$5 dollar punch increments totaling \$50 value. If your age is between 55-59 years old, you receive punches worth **\$5 for FREE** (\$55 total card value). If your age is 75 years old and over, you receive punches worth **\$10 for FREE!** (\$60 total card value). These cards may be purchased at the front desk, and can be used for classes, programs, special events, and trips. The cards can't be used for Trudy's Boutique.

**ACORN TO OAKS**

**Wednesday, May 8<sup>th</sup> and June 5<sup>th</sup> at 10:00 a.m.**

We are collaborating with the Roudenbush in a reading program to the students at the Frost school. Please contact Katie at 978.399.2330 or at [krussell@westfordma.gov](mailto:krussell@westfordma.gov) with any questions.



**NEW WATERCOLOR CLASS**

**Wednesday May 8<sup>th</sup> – June 26<sup>th</sup>**

**10am -12:00pm. No class on May 29<sup>th</sup> and June 19<sup>th</sup>**

Claire Gagnon opened her art school in 2018, Chez Claire Art School, where she teaches Drawing, Acrylic, and Watercolor classes for adults. She enjoys sharing her passion for art and helping students develop their own talent.



Join this Watercolor class to relax, socialize with your fellow artists, and to enjoy the process of creation. In this Watercolor class for intermediate and advanced students, you are welcome to bring a photo to paint from, or paint from examples provided. Claire likes to guide the students to accomplish a stronger composition, a better design with a sense of harmony. She will also invite the students to develop a sense of observation while painting a still life. For more background about Claire, or to see her artwork, go to [www.ChezClaireArtSchool.com](http://www.ChezClaireArtSchool.com). Suggested supply list available at registration. **Cost of this course will be \$125. Please sign up by phone 978.692.5523 or online at myactivecenter.com**

**FIRE DRILL AT THE CAMERON WITH WESTFORD FIRE DEPT**

**May 9<sup>th</sup> at 11:00 am**

To ensure your safety and knowledge of center evacuation, we hope you can join our staff prior to 11 am in your desired area of our building.



**JURY DUTY IF YOU'R OVER 70 YEARS OLD**

If you're 70 years old or older, you can choose whether or not you want to perform jury service. If you don't want to serve, you can notify the Office of Jury Commission (hereafter referred to as OJC) that you'd like to be disqualified, and the OJC will permanently remove you from the juror list. You will need to contact the OJC to be added to the list again if you later decide that you would like to serve. Contact information: 1.800.843.5879. Monday - Friday from 9 am - 4:30 pm.

**TRUDY'S SPRING FASHION SHOW**

**Tuesday, May 21<sup>st</sup> at 1pm**



Don't miss this opportunity to witness the unique fashion treasures that can be found at **Trudy's Boutique**, our very own *Friends of Cameron Senior Center Thrift Shop*. Trudy's is open **M - F from 9 am—3 pm**. Secure your free seat now by calling 978.692.5523. Light refreshments will be served. If you would like to be involved with the fashion show, please reach out to Katie at [krussell@westfordma.gov](mailto:krussell@westfordma.gov)

**HIKE WITH MIKE!**

All of the hikes meet at 9:00 am, rain or shine. Thunder and lightning will cancel the hike. The trails are mostly flat, unpaved, loose footing with rocks, roots and rolling hills. Participants should dress for the weather, wear sturdy footwear: sneakers or hiking shoes. Bring water/snacks. Be sure to wear bug/tick repellent and be aware that some trails do go thru / near poison ivy. Hiking pole(s) optional. Most hikes are 2 miles long and will take about 2 hours. Call 978.692.5523 to sign up.

**East Boston Camps**

**Date: June 3rd.**

**Distance: 2 – 3 miles.**

**Terrain: Rolling hills, rocks roots.**

**Trailhead: Kiosk at EBC parking lot off of Depot St.**

**Greystone Pond**

**Date: June 10 th.**

**Distance: 2 miles.**

**Terrain: Mostly flat, rocks and roots.**

**Trailhead: Kiosk at Greystone Field parking lot, off Russell Way (on the right before 15 Russell Way).**

**Mass Audubon's Folly / Vernal Pool Trail**

**Date: June 17 th.**

**Distance: 2 miles**

**Terrain: Rolling hills, roots.**

**Trailhead: Mass Audubon Parking lot, 196 Concord Rd., Westford.**

**STONE ARCH BRIDGE**

**Date: June 24th.**

**Distance: 2 – 3 miles.**

**Terrain: A few steep hills, rocks and roots.**

**Trailhead: Kiosk next to; 115 Cold Spring Rd., Westford.**

**Cameron is glad to offer funding support for our residents who want to participate in program(s), class(es), meal offerings, van trips or special events. To access these funds, one simply needs to meet with a social services team member to assess financial need / assistance.**

## Health and Wellness Offerings—Fitness Classes

### Zumba, Chair Movement & Mindful Movement Classes:

#### Important Update starting July 1<sup>st</sup>

There will no longer be a pay scale. Zumba will be \$24 for one class a week and \$48 for two classes per week. (\$3 Per class). If you would like to participate in this class and you have a financial hardship, please see our social service staff for financial scholarship. Chair Movement will be \$24 for one class a week and \$48 for two classes per week. (\$3 Per class). If you would like to participate in this class and you have a financial hardship, please see our social service staff for financial scholarship. Mindful Movement will be \$40 for the Beginner class and \$40 for the Advance Class and \$80 for Both Classes. (\$5 per Class)

#### ZUMBA CLASS with CAROL WING

**Tuesdays—May 7th—June 25th**

**Thursdays May 2nd—June 27th**

**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.



#### CHAIR MOVEMENT with CAROL WING

**Tuesdays—May 7th—June 25th**

**Thursdays May 2nd—June 27th**

**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.



#### MINDFUL MOVEMENT

**Tuesdays—May 7th - June 25th**

**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 May 9th—June 27th**

**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.

#### 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!**



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

**Tuesdays and Thursdays at 10 am 8 weeks beginning Tuesday, May 7<sup>th</sup> – Thursday, June 27<sup>th</sup>** 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- **\$127** and non-residents- **\$143**. Please note that the class fee has increased due to rent increase for off-premises location/ instruction.



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

**Wednesdays at 9 am 8 weeks beginning May 8<sup>th</sup> – July 3<sup>rd</sup> No class June 19<sup>th</sup>**

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 resident's **\$64** non-residents- **\$72**. Please note that the class fee has increased due to rent increase for off-premises location/ instruction.



#### GENTLE YOGA

**Mondays at 12pm**

**8 weeks beginning May 13<sup>th</sup> – July 8<sup>th</sup> No Class May 27<sup>th</sup>**

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- **\$54** and non-residents- **\$61**. Please note that the class fee has increased due to vendor increase in price.



#### INTERMEDIATE YOGA

**Wednesdays at 11am**

**8 weeks starting May 8<sup>th</sup> – July 3<sup>rd</sup> No class June 19<sup>th</sup>**

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- **\$54** and non-residents- **\$61**. Please note that the class fee has increased due to a vendor increase in price.

#### GUIDED MEDITATION WITH BRITTANY

**Monday, May 13th and Monday, June 10th 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**



#### CAMERON FITNESS ROOM

Looking for a new fitness center? We have a very affordable center with plenty of equipment! Come join us!



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

**If you would like to participate in a class and you have a financial hardship, please see our social service staff for financial scholarship!**

## Health & Wellness Offerings— Classes, Clinics, Screenings & More

### HEARING SCREENING

**MONDAYS—May 13th and June 10th 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—May 14th and June 11th 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, May 14 and June 11 at 4:30 pm**

Join our monthly series with professional speakers from local medical and wellness sites the 2<sup>nd</sup> Tuesday of every month. In May 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.



Healing Bowls

In June, our town Community Wellness Coordinator, Nicole Lavolette, will be presenting **Mental Health awareness topics**. She will discuss illnesses, how to support your mental health and offer mental health supports and resources. Don't miss this valuable information for you and your loved ones. Please sign up at 978.692.5523 to participate in either program.

**NEW-GOOD NEWS FOR MEDICARE RECIPIENTS**—Would you like help paying your Medicare B premium and co-payments? Medicare Savings Plans (Formerly Mass Health Buy-in) has eliminated asset limits from the eligibility criteria. If your income is at or below \$2,824/month for a single person or \$3,833/month for a married couple, you may qualify for help from one of several Medicare Savings Programs. If you have questions, call Alison, Annette, or Jen B. for help with the one-page application.

### NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?

**Mondays, May 13th and June 10th** 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.

**DID YOU KNOW?** May is Arthritis Awareness Month. An estimated 59 million adults have some form of arthritis in the U.S. When people talk about having arthritis, they're talking about problems with their joints. The two most common types are osteoarthritis (OA) and rheumatoid arthritis (RA). OA typically occurs in old age as the body naturally breaks down cartilage between the joints often causing pain and fatigue. RA occurs when the body's immune system attacks the cartilage between the joints, wearing them out and leading to inflammation. By learning about the disease and taking part in your care, you can learn to manage the symptoms to help you live an active lifestyle. Some treatment options include medications, physical therapy, joint replacement, massage, and more. Start by working with your doctor to set up a treatment plan that works for you. Don't let your arthritis limit your quality of life ... take action.

### THE STONEWALL GENERATION:

#### CREATING INCLUSIVITY FOR LGBTQ ELDERERS

**Wednesday, June 26, 2024 from 2-3 pm**

Join us for a presentation in celebration of Pride Month with Dr. Jane Fleishman. In her book, *The Stonewall Generation: LGBTQ Elders on Sex, Activism, and Aging*, Fleishman shares the stories of fearless elders in the LGBTQ community who came of age around the time of the Stonewall Riots of 1969. **Please register for this free program by phone 978.692.5523 or online at [myactivecenter.com](http://myactivecenter.com)**

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

**MONDAYS—May 13th and June 24th 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.

## Healthy Food Resources

### 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](http://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.



### NEW-SNAP- Supplemental Nutrition Assistance Program

Could you use help with increasing food costs? Of the single adults age 60+ in Westford, 201 individuals are on SNAP. The average monthly benefit is \$219. Could you be eligible for this convenient debit card to pay for groceries? The current gross income limits are: \$2510 for one person or \$3407 for 2 people. If you have questions about applying for SNAP, see Alison, Annette, or Jen B. or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

### FREE ORGANIC VEGETABLE DISTRIBUTION

**Starting May 30th, every Thursday 1:00 pm #'s, 1:15 distribution**

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce weekly to all Westford residents that meet income guidelines. Fuel assistance gross income criteria: household of one \$45,392, household of two \$59,359. To participate, one must sign an income attestation on the day of produce pick up. This distribution will be held at the WHA at 65 Tadmuck Rd in the community center parking lot. Because this program is so desirable, people often arrive early so we will pass out disposable numbers starting at 1 pm. The freshly picked and packaged vegetables will be pre-bagged and distributed at 1:15 pm. Any questions call Annette or Jen at 978.399.2326.

## DO YOU NEED HELP WITH HOME PROJECTS?

### CHURCH GROUP HELP WITH SENIOR HOME PROJECTS! Week of July 22<sup>nd</sup>

Blessed Trinity Parish has a mission group of youth and adult mentors/chaperones who will be volunteering to complete home repair and maintenance jobs for those unable to pay or to physically do the work themselves. Examples of the work that may be done include minor home repairs, painting, car washing, visiting, and yard work. The volunteers seek to serve you with joyful hearts. Please know that all job requests may not be approved. If you have a project that you would like assessed, please contact our Outreach staff by June 7th at 978.399.2326. Also, you will need to sign a release that volunteers can be on your property to perform this free work.

**Cameron is glad to offer funding support for our residents who want to participate in program(s), class(es), meal offerings, van trips or special events. To access these funds, one simply needs to meet with a social services team member to assess financial need / assistance.**

## Social Services and Outreach News

### **OUTREACH**

Do you ever have questions or need help and not sure where to turn? Jen and Annette are here to assist you with concerns you may have. We can help you problem solve, find resources, assist with applications, set up volunteer handyman services and more. Simply call us to chat on the phone or to set up an office/home visit appointment. 978.399.2326.

### **NEW BUILDING BETTER CAREGIVERS:**

#### **6 week workshop starting 5/14, 1:00 to 3:30 pm**

We are pleased to be offering this quality series to our community. Are you taking care of a family member or friend who is living with long lasting physical and/or mental health conditions? Do you spend at least 10 hours per week helping your loved one with things like finances, emotional support, legal issues, physical care, or activities of daily living? If yes, we believe you will benefit from this standardized program offered by Age Span. This workshop will cover dealing with difficult emotions, managing complicated care partner behaviors, planning for the future, finding resources, improving communication skills with family and friends, and communicating with health professionals and the healthcare system. This workshop is open to Westford residents, and to nonresidents if space allows. This will be a small group, so sign up quickly if interested. 978.692.5523.

### **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 **2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month at 4:00 pm here at the Cameron however please call to speak with Annette prior to your first visit.** There is no fee and no required attendance. Call Annette at 978.692.5523. **Starting in July, we will be meeting at a new time. Call Annette for details.**

### **DEMENTIA CAREGIVER SUPPORT GROUP - MAY 28 & JUNE 25 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 4<sup>th</sup> Tuesday of each month from 6-7PM. Please call Lisa before attending your first meeting at 978.808.4246.

**COMMUNITY DEMENTIA SUPPORT-BRIDGES** by EPOCH Assisted Living is offering a range of Dementia Support options that are open to any member of the community. They welcome people looking for an additional in person caregiver support group, a virtual caregiver support group, an early-stage group for those diagnosed with dementia, and assist caregivers who need to bring their loved one with them for supervision during the group. See Alison for additional information or visit the Bridges website to register at <https://www.bridgesbyepoch.com/communities/westford-ma/events/>

### **MEMORY CAFÉ**

Rivercourt Residences in Groton continues to offer a popular Memory Café for people with dementia and their care partners on the Third Tuesday of each month from 10:30-12. To register or ask questions, call Ashley Shaheen at 978.448.1170 or email at [Ashaheen@grotonma.gov](mailto:Ashaheen@grotonma.gov).

## Housing & Independent Living Resources

### **FY'25 PROPERTY TAX WORK OFF PROGRAM-APPLICATIONS DUE BY MAY 24<sup>th</sup>.**

Many folks are concerned about the increase in property taxes in our area. This is the perfect opportunity to consider reducing your expenditures. 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 1<sup>st</sup> 2024 and March 15<sup>th</sup> of 2025. If you are interested, pick up an application and information packet at the Senior Center front desk and submit to Alison Christopher by May 24th. If there are more applicants than slots in the program, we will hold a lottery in June with new participants given priority. You will be notified in June if you are able to participate. Please call Alison Christopher at 978.399.2325 with any questions.

**OTHER FINANCIAL ASSISTANCE:** We realize that costs have increased significantly. If you are a low-moderate income household and are struggling with expenses. Our ARPA funds have run out until July 1, 2024, but you can apply in July for up to \$2000 toward mortgage, rent, overdue taxes, or household utilities. This program is first come first served. Also, the Friends of Cameron have an emergency fund for senior households (55+) in need of short-term assistance with utility 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 payments. Please call Alison to learn more about these options at 978.399.2325.

**TREAD-Tax Relief for Elderly and Disabled-**This is a property tax relief fund available through donations from the community. People over age 65 and disabled individuals who own and reside in their home may apply if they need assistance with property taxes. The applications will be available in May at the Senior Center and are due by August 31<sup>st</sup>. Awards are decided in December '24 by a committee appointed by the Town Manager. This program has no income limits to apply, but those with the most challenging income to expense ratio are most likely to be given assistance. Please note, the TREAD committee does not make payments on deferred tax bills. If you have questions about TREAD, call Annette, Jen B. or Alison.

### **Affordable Connectivity Program (ACP) and Lifeline**

You've probably heard that the Affordable Connectivity Program (ACP) is ending at the end of May unless funding is renewed by Congress. If you were benefitting from the discount on your internet and will be losing this \$30 assistance, please look at how this will impact your internet bill and plan for the changes. You can also look at whether you qualify for a Lifeline discount to assist with the costs. To apply for Lifeline, you can visit [lifelineline-support.org](https://lifelineline-support.org) to apply and learn more about the program. Once you have completed your application, your information will be checked to confirm if you qualify for Lifeline. Please note that the qualification requirements for Lifeline are different than those for the ACP. If you qualify, you will have 90 days to choose a participating phone or internet company and sign up for qualifying service. Your ACP service will not automatically transfer to Lifeline. You may already be enrolled in both Lifeline and the ACP concurrently and apply the Lifeline and ACP benefits to the same or different services. Lifeline is a long-term assistance program offered by the federal government. <https://www.fcc.gov/files/affordable-connectivity-program-winding-down-fact-sheet>

## Community Resources

### THANK YOU!

We would like to send a big thank you to **Greg Marchand** and the police officers that helped deliver sand buckets this winter to 18 senior homes. We greatly appreciate this valuable community service!

### MOBILE LIBRARY:

Do you miss visiting the library? Do you lack transportation? Let Fletcher Library come to you! The mobile librarian can bring books, movies, magazines and more. Please call Judy Madsen, Homebound Coordinator at 978.399.2301.

### KEYSAFE LOCK BOXES

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

### ASK THE FIRE PREVENTION OFFICER

**Thursdays May 9th and June 13th 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 May 16th and June 20th 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, June 11th 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.

### VET 2 VET

**Tuesdays May 14th and June 11th 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.

### 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>

### ASK THE REALTOR with Kathy Cunningham, Coldwell Banker

**Mondays May 13th and June 10th at 11:00 a.m.**

Call 978.692.5523 to schedule an appointment.

## Transportation

### CHANGES in Transportation Starting JULY 1, 2024

In order to meet our budget and adhere to safety guidelines, the hours of transportation will be changing. Starting on July 1<sup>st</sup> our vans will not leave the Cameron Center until after 8:00 AM with our earliest pick up being 8:15. Our last pick up will be at 3:30, as long as drivers can to return to the Cameron Center before closing time at 4:00 PM. Since night programs will transition to only being on Tuesday nights, we will have transportation to night programs such as Game Night, Movie Night, Dinner with Donna, etc.

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**

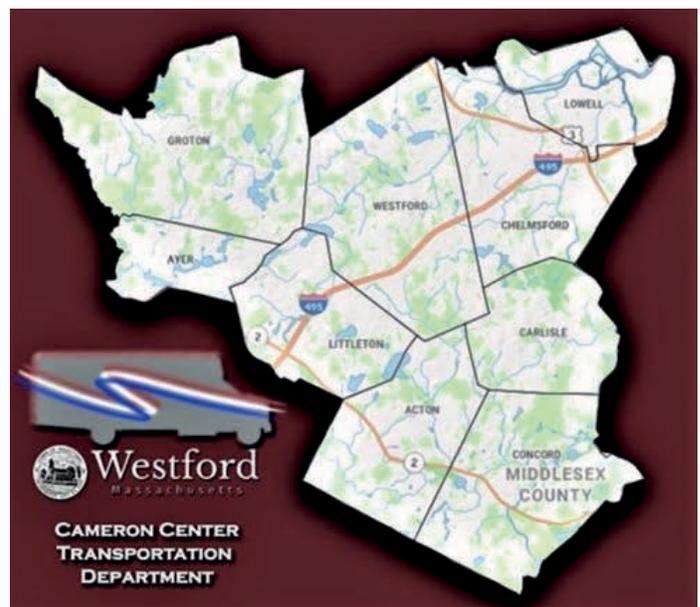
**AT LEAST two business days notice required**, more notice is appreciated!

**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 and Travel

### GAME NIGHT \*

**THURSDAYS, May 2nd & June 6th at 4:30 pm\***

Join us for an early evening of fun and laughter. All the games played are easy to learn. In May we are playing **Pass the Pigs** and in June it will be **Ok Boomer**, a team trivia card game. **The cost is \$4.00** for refreshments and light meal. Please sign up in advance for planning purposes, 978.692.5523.

### BIRTHDAY CELEBRATION

Wednesday, May 8th at 12:00 pm

Meal: Shake 'N Bake Chicken

Friday, June 14th at 12:00 pm

Meal: Tacos

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, May 13th 8 am**

Fire Prevention Officer Ryan Monat

**Mon, June 10th 8 am**

Town Manager Kristin Las

**Cost is a \$4.00.** RSVP to 978.692.5523.



### MOTHER'S DAY WOMEN'S BREAKFAST \*

**Wednesday, May 15th at 9 am**

In honor of Mother's Day, May's Women's breakfast is being generously sponsored by Patti Mason, Mary Alcorn and Amsi Morales Owens. We would like to thank all the volunteers that have helped with the Women's Breakfasts – we couldn't have done it without you. Our Special guest Town Manager Kristen Las will be our speaker. Advanced registration is required for The Mother's Day breakfast, so please call to sign up 978.692.5523. Special thanks to the Friends of the Cameron for their financial sponsorship of this event. **FREE**



### MOVIE SHOWINGS \*

**THURSDAYS, May 16th & June 20th at 5:00 pm**

Join us in May for the romantic drama, **Pretty Woman** starring Julia Roberts and Richard Gere and in June for the moving documentary, **My Octopus Teacher**. **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.



### RESTAURANT REVIEW May 29th & June 26th at 11:30 pm

Be sure to mark your calendars for our next outings on **Wed. May 29th** at Good Thymes, 1278 Gorham St, Lowell and **Wed. June 26th** at Il Fornos, 529 King St., Littleton. 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.

### VETERANS BBQ

**Wednesday, May 22 at 12:00pm** at the Cameron. In honor of Memorial Day, Westford Veterans and their spouses are invited for a complimentary BBQ Cookout with grill master Bill Vullo. We would like to thank our wonderful sponsors, The American Legion Post 159, VFW Mattawanakee Post 6539, Westford Remembers, and the Friends of the Cameron Senior Center for helping to make this wonderful event possible. Please Sign up at 978.692.5523 or online.



### 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 May 3rd at 12pm** Hot Dogs & Hamburgers

**Friday May 24th at 12pm** Chef Mike Salad

**Friday June 7th at 12pm** Hot Dogs & Hamburgers

**Friday June 21st at 12pm** Meatball Subs

**Pre-BINGO lunch cost: \$3.00** Please sign up for lunch by calling

**978.692.5523** but walk-ins and to go orders are welcome.



### BINGO IMPORTANT UPDATES—Starting July 1st

**Monday and Friday BINGO will be starting at 12pm instead of 1pm.** We will only offer Friday BINGO if volunteer caller(s) is found. If you are interested in being a volunteer caller, please see Katie Russell or call 978.399.2330. **There will no longer be a lunch before Friday BINGO, so please bring your own.**



**\*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!**

## Travel—Day Bus Trips

### DAY TRIPS

Listed below are upcoming bus trips. Call 978.692.5523 for reservations and information. Payment is due upon signing up for a trip. Make all checks payable to 'Town of Westford'. Checks will be held until closer to the day of the trip to be deposited. No refunds for cancellations with less than 10 business days' advance notice. Bus departs from and returns to the rear parking lot at the Franco-American Club at 55 West Prescott St. Please, park at the rear of the lot unless otherwise noted. For additional information, contact Katie at 978.399.2330 or krusell@westfordma.gov or pick up a flyer at the Cameron. You can also sign up and pay for trips online at myactivecenter.com

### BOSTON DUCK TOUR - Tuesday, June 4, 2024

Quack! Quack! Experience Boston like never before on a Boston Duck Tour with Bloom! We will depart from the Prudential Center for an 80 minute Boston tour. This narrated adventure will have you sitting on the edge of your seat in excitement. Boston "Ducks" are WWII amphibious style vehicles that travel on land and in water! We will see many of Boston's famous sites and even take a dip in the Charles River for a skyline view. After the tour, we enjoy free time for lunch on own and shopping in the Prudential Center. Prices: \$105 adult **Includes:** Roundtrip Transportation & Boston Duck Tour

### BLOCK ISLAND - Tuesday, July 16, 2024

Visit beautiful Block Island with Bloom Tours this summer! We will meet the ferry at Point Judith, Rhode Island. After arrival in Block Island, we will embark on a tour of the Island via the Block Island Ferry Bus. The tour includes a stop at the historical Southeast Light. After the tour, you will have the afternoon on your own for shopping, and exploring. We depart for home in the afternoon. We will also include lunch at the National Hotel. Prices: \$159 adult **Includes:** Roundtrip Transportation, Ferry, Tour & Lunch

### LOBSTER ROLL CRUISE - Thursday, August 8, 2024

We start the day off by traveling to Cape Cod! We begin our day in Dennis as we enjoy a 90 minute cruise offering the most spectacular views from the decks of the "Lobster Roll", a custom built dinner cruise boat. Glide through the calm waters of Sesuit Harbor and into the serene beauty of Cape Cod Bay with its incredible picturesque coastline. While on board, you will enjoy lunch. In the afternoon we visit Katie's Homemade Ice Cream in Hyannis. and enjoy some free time in downtown Hyannis. Reserve Today!! Prices: \$129 adult **Includes:** Roundtrip Transportation, Lobster Roll Cruise (lunch included) & Small Ice Cream.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>May 2024</h1>		1 9:00 Well Being Fitness 9:30 Bone Builders 1:30 Knitting Group 6:00 Food Pantry	2 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 3:00 <b>Computer Class</b> 4:00 Piano Lessons 4:30 <b>Game Night</b>	3 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 <b>BINGO Lunch</b> 1:00 <b>BINGO</b>
6 8:00 Billiards 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Whole Foods / TJs 2:00 Ping Pong	7 7:30 Golf at Quail Ridge (all day) 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong	8 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Acorn to Oaks 10:00 Watercolor Class 11:00 Intermediate Yoga 12:00 <b>Birthday Lunch</b> 1:30 Knitting Group 6:00 Food Pantry	9 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 11:00 <b>Fire Drill with WFD</b> 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods / TJs 2:00 Bridge 4:00 Piano Lessons 4:00 <b>Grief Support</b> 6:00 <b>Tai Chi / Qigong</b>	10 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong
13 8:00 Billiards 8:00 <b>Men's Breakfast</b> 9:30 Bone Builders 9:30 <b>Hearing Screening</b> 10:00 Sewing 10:00 <b>A Spa for You</b> 11:00 <b>Guided Meditation</b> 11:00 <b>Ask the Realtor</b> 12:00 Gentle Yoga 12:30 <b>SHINE</b> 1:00 BINGO 1:00 Whole Foods / TJs 2:00 Ping Pong	14 7:30 Golf at Quail Ridge (all day) 9:00 Quilting 9:00 Mindful Movement 9:00 <b>Blood Pressure</b> 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 <b>Vet to Vet</b> 12:45 Bone Builders 1:00 <b>Building Better Caregivers</b> 1:00 Open Art Studio 2:00 Ping Pong 3:00 <b>Computer Class</b> 4:30 <b>Health Series</b>	15 9:00 <b>Mothers Day Breakfast</b> 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Watercolor Class 11:00 <b>Van Trip Groton Hill</b> 11:00 Intermediate Yoga 1:30 Knitting Group 4:00 <b>COA Board Meeting</b> 6:00 Food Pantry	16 9:15 ZUMBA 10:00 <b>Friends Board Meeting</b> 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods / TJs 1:30 <b>Sit w/ State Sen. Staff</b> 2:00 Bridge 4:00 Piano Lessons 5:00 <b>Movie Night</b> 6:00 <b>Tai Chi / Qigong</b>	17 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 10:30 <b>Gay Nineties Celebration @Westford Regency</b>
20 8:00 Billiards 9:30 Bone Builders 10:00 Sewing 12:00 Gentle Yoga 1:00 BINGO 1:00 Whole Foods / TJs 2:00 Ping Pong 6:30 <b>Westford Womens Club</b>	21 7:30 Golf at Quail Ridge (all day) 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 1:00 <b>Building Better Caregivers</b> 1:00 <b>Trudy's Fashion Show</b> 2:00 <b>Book Club</b> 2:00 Ping Pong 7:30 <b>Radio Club (PART)</b>	22 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Watercolor Class 11:00 Intermediate Yoga 12:00 <b>Veterans BBQ</b> 1:30 Knitting Group 6:00 Food Pantry	23 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 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 4:00 <b>Grief Support</b> 6:00 <b>Tai Chi / Qigong</b>	24 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong 12:00 <b>BINGO Lunch</b> 1:00 <b>BINGO</b>
27 <div style="text-align: center;"> <h2>Center Closed</h2>  <h3>Memorial Day</h3> </div>	28 7:30 Golf at Quail Ridge (all day) 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 1:00 <b>Building Better Caregivers</b> 2:00 Ping Pong 6:00 <b>Dementia Caregiver</b>	29 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 <b>Restaurant Rev</b> 1:30 Knitting Group 6:00 Food Pantry  NO Watercolor Class	30 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods / TJs 1:00 Gaining Grounds—WHA 2:00 Bridge 4:00 Piano Lessons 6:00 <b>Tai Chi / Qigong</b>	31 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong

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

Library, Billiards Room open Mon, Wed., & Friday 8:00 am - 3:45 pm ,Tuesdays & Thursdays 8 am - 7:45 pm

Fitness Center open M, W, F: 8:00 am - 3:30 pm, T & Th 8:00 am - 7:30 pm ;Trudy's Boutique open daily from 9am - 3pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00 Billiards  <b>9:00 Hike with Mike</b>                      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>4</p> <p><b>Boston Duck Tour Bus Trip</b>                      7:30 Golf at Quail Ridge (all day)                      9:00 Quilting                      9:00 Mindful Movement                      9:15 ZUMBA                      10:00 Advanced Mindful Movement                      10:00 Well Being Fitness                      10:15 Chair Movement                      10:30 Spanish Class                      12:45 Bone Builders                      1:00 Open Art Studio  <b>1:00 Building Better Caregivers</b>                      2:00 Ping Pong</p>	<p>5</p> <p>9:00 Well Being Fitness                      9:30 Bone Builders                      10:00 Acorn to Oaks                      10:00 Watercolor Class                      11:00 Intermediate Yoga  <b>1:00 Elvis Presley Tribute</b>                      1:30 Knitting Group  <b>3:00 Computer Class</b>                      6:00 Food Pantry</p>	<p>6</p> <p>9:15 ZUMBA                      10:00 Upbeats Band                      10:00 Well Being Fitness                      10:15 Chair Movement                      12:30 Hand and Foot                      12:45 Bone Builders                      1:00 Whole Foods/TJs                      1:00 Gaining Grounds—WHA                      2:00 Bridge                      4:00 Piano Lessons  <b>4:30 Game Night</b>  <b>6:00 Tai Chi / Qigong</b></p>	<p>7</p> <p>8:00 Billiards                      9:00 Food Pantry                      9:00 Music Makers                      9:30 Ping Pong  <b>12:00 BINGO Lunch</b>  <b>1:00 BINGO</b></p>
<p>10</p> <p>8:00 Billiards  <b>8:00 Men's Breakfast</b>  <b>9:00 Hike with Mike</b>                      9:30 Bone Builders  <b>9:30 Hearing Screening</b>                      10:00 Sewing  <b>11:00 Guided Meditation</b>  <b>11:00 Ask the Realtor</b>                      12:00 Gentle Yoga  <b>12:30 SHINE</b>                      1:00 BINGO                      1:00 Whole Foods/TJs                      2:00 Ping Pong</p>	<p>11</p> <p>7:30 Golf at Quail Ridge (all day)  <b>8:45 Summer Trip to Encore</b>                      9:00 Quilting                      9:00 Mindful Movement  <b>9:00 Blood Pressure</b>                      9:15 ZUMBA  <b>9:30 Ask the Lawyer</b>                      10:00 Advanced Mindful Movement                      10:00 Well Being Fitness                      10:15 Chair Movement                      10:30 Spanish Class  <b>11:00 Vet to Vet</b>                      12:45 Bone Builders                      1:00 Open Art Studio  <b>1:00 Building Better Caregivers</b>                      2:00 Ping Pong  <b>4:30 Health Series</b></p>	<p>12</p> <p>9:00 Well Being Fitness                      9:30 Bone Builders                      10:00 Watercolor Class                      11:00 Intermediate Yoga                      1:30 Knitting Group  <b>1:30 30th Anniv. Cameron</b>  <b>4:00 COA Board Meeting</b>                      6:00 Food Pantry</p>	<p>13</p> <p>9:15 ZUMBA                      10:00 Upbeats Band                      10:00 Well Being Fitness                      10:15 Chair Movement  <b>11:00 Ask Fire Prev. Officer</b>                      12:30 Hand and Foot                      12:45 Bone Builders                      1:00 Whole Foods/TJs                      1:00 Gaining Grounds—WHA                      2:00 Bridge                      4:00 Piano Lessons  <b>4:00 Grief Support</b>  <b>6:00 Tai Chi / Qigong</b></p>	<p>14</p> <p>8:00 Billiards                      9:00 Food Pantry                      9:00 Music Makers  <b>9:30 Van Trip Pickety Place</b>                      9:30 Ping Pong  <b>12:00 Birthday Lunch</b></p>
<p>17</p> <p>8:00 Billiards  <b>9:00 Hike with Mike</b>                      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>18</p> <p>7:30 Golf at Quail Ridge (all day)                      9:00 Quilting                      9:00 Mindful Movement                      9:15 ZUMBA                      10:00 Advanced Mindful Movement                      10:00 Well Being Fitness                      10:15 Chair Movement                      10:30 Spanish Class                      12:45 Bone Builders                      1:00 Open Art Studio  <b>1:00 Building Better Caregivers</b>  <b>2:00 Book Club</b>                      2:00 Ping Pong  <b>7:30 Radio Club (PART)</b></p>	<p>19</p> <p style="text-align: center;"><b>Center Closed</b></p>  <p style="text-align: center;"><b>Juneteenth</b></p>	<p>20</p> <p>9:15 ZUMBA                      10:00 Upbeats Band                      10:00 Well Being Fitness  <b>10:00 Friends Board Meeting</b>                      10:15 Chair Movement                      12:30 Hand and Foot                      12:45 Bone Builders                      1:00 Whole Foods/TJs                      1:00 Gaining Grounds—WHA  <b>1:30 Sit w/ State Sen. Staff</b>                      2:00 Bridge                      4:00 Piano Lessons  <b>5:00 Movie Night</b>  <b>6:00 Tai Chi / Qigong</b></p>	<p>21</p> <p>8:00 Billiards                      9:00 Food Pantry                      9:00 Music Makers                      9:30 Ping Pong  <b>12:00 BINGO Lunch</b>  <b>1:00 BINGO</b></p>
<p>24</p> <p>8:00 Billiards  <b>9:00 Hike with Mike</b>                      9:30 Bone Builders  <b>10:00 A Spa for You</b>                      10:00 Sewing                      12:00 Gentle Yoga                      1:00 BINGO                      1:00 Whole Foods/TJs                      2:00 Ping Pong</p>	<p>25</p> <p>7:30 Golf at Quail Ridge (all day)                      9:00 Quilting                      9:00 Mindful Movement                      9:15 ZUMBA                      10:00 Advanced Mindful Movement                      10:00 Well Being Fitness                      10:15 Chair Movement                      10:30 Spanish Class                      12:45 Bone Builders                      1:00 Open Art Studio                      2:00 Ping Pong  <b>5:00 Dinner with Donna</b>  <b>6:00 Dementia Caregiver</b></p>	<p>26</p> <p>9:00 Well Being Fitness                      9:30 Bone Builders                      10:00 Watercolor Class                      11:00 Intermediate Yoga  <b>11:30 Restaurant Review</b>                      1:30 Knitting Group  <b>2:00 The Stonewall Gener.</b>                      6:00 Food Pantry</p>	<p>27</p> <p>9:15 ZUMBA                      10:00 Upbeats Band                      10:00 Well Being Fitness                      10:15 Chair Movement                      12:30 Hand and Foot                      12:45 Bone Builders                      1:00 Whole Foods/TJs                      1:00 Gaining Grounds—WHA                      2:00 Bridge                      4:00 Piano  <b>4:00 Grief Support</b>  <b>6:00 Tai Chi / Qigong</b></p>	<p>28</p> <p>8:00 Billiards                      9:00 Food Pantry                      9:00 Music Makers                      9:30 Ping Pong  <b>12:00 Ebi's BBQ @Franco</b></p>
<p><b>Beginning JULY 1, 2024 NEW HOURS!</b>                      Cameron Center Open Mon, Wed., Thurs., Friday 8 am - 4 pm , Tuesdays 8 am - 8 pm                      Library, Billiards Room, Computer Room open M, W, Th, F 8:00 am - 3:45 pm , Tu 8:00 - 7:45 pm                      Fitness Center open M, W, Th &amp; F 8:00 am - 3:30 pm, Tuesday 8:00 am - 7:30 pm</p>				<p><b>June 2024</b></p>

Cameron Center Open Mon, Wed., & Friday 8 am—4 pm , Tuesdays & Thursdays 8 am—8 pm  
 Library, Billiards Room open Mon, Wed., & Friday 8:00 am - 3:45 pm , Tuesdays & Thursdays 8 am - 7:45 pm  
 Fitness Center open Mon, Wed., & Friday 8:00 am - 3:30 pm, Tuesdays & Thursdays 8:00 am - 7:30 pm  
 Trudy's Boutique open daily from 9am - 3pm

## Games

### CARD GAMES

Come play cards at the Cameron

**Hand and Foot on Thursdays at 12:30 pm**

**IMPORTANT UPDATE! Starting July 1<sup>st</sup> Hand and Foot** Will need to end by 4pm like all other center activities.



**Bridge on Thursdays at 2:00 pm**

**Bridge Update starting July 1<sup>st</sup>** Bridge will be 9:00am-12:30pm in the Art and Craft Room. 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.

### BINGO IMPORTANT UPDATES—Starting July 1<sup>st</sup>

**Monday and Friday BINGO will be starting at 12pm instead of 1pm.** We will only offer Friday BINGO if volunteer caller(s) is found. If you are interested in being a volunteer caller, please see Katie Russell or call 978.399.2330. **There will no longer be a lunch before Friday BINGO, so please bring your own.**

### 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 May and June, BINGO will be held on **May 3 and 24th, and June 7th and 21st!** **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

## Friends Corner

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

The Friends of the Cameron will be hosting an **Elvis Presley Tribute performance on June 5th at the Cameron.** Please keep an eye out for further details.

May is the start of "Friends annual Membership and Donation campaign". Memberships and donations are critical in helping fund ongoing programs. Look for a membership flyer in the mail in May. Thank you for your continuing support.

All Friends annual memberships run from July 1st - June 30th. New members and volunteers are welcome. Members receive discounted rates on special events throughout the year. With funds raised from our many activities, we will continue to provide qualified seniors with emergency financial assistance for food, housing, utilities, medical services, or transportation. We will continue to sponsor social activities and organize fundraising events, manage the Cameron thrift shop, Trudy's Boutique, and cover costs of fitness and exercise classes, so Westford seniors can attend.

New to Cameron? Friends of Cameron volunteers will lead a Q and A tour of the building for those interested. Please leave your name and contact information at the Cameron front desk and a member of the Friends will return your call.

Pat Reppucci, President, Friends of the Cameron

<https://westfordmafriendingofcameron.com/>

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

## Van Trips

### A TRIP TO GROTON HILL MUSIC CENTER

**Wednesday, May 15 at 11:00 am**

**Groton Hill Piano Faculty Showcase** This concert is held in the incredible Concert Hall and features wonderful performances by professional musicians and friends. Groton Hill Community Concerts are free and open to the public! Advance reservations are required. Transportation **Cost is \$6.** Call 978.692.5523 to sign up- spaces are limited!

### A TRIP TO PICKITY PLACE

**Friday, June 14 at 9:30 am**

Enjoy a scenic ride on the Cameron van to Pickity Place for a delicious, five-course gourmet luncheon featuring fresh herbs. Since 1786, Pickity Place's quaint little red cottage has graced the hills of southern New Hampshire, where you will find the hilltop hideaway at the end of a winding dirt road. Come and lighten your spirit as you step out of your world and into theirs. Cost for this enchanting outing is **\$40.00.** Call 978.692.5523 to sign up-spaces are limited! Special thanks to the Friends of the Cameron for their financial sponsorship of this event!



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**WESTFORD WOMEN'S CLUB**

Next Meetings - Cameron Senior Center

**Monday, May 20<sup>th</sup> at 6:30pm** in Multipurpose Room

The club does not meet June—August.

Members and interested guests are always welcome.

For more information, email [westfordwomensclub@gmail.com](mailto: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., May 21st** and **Tues., June 18th at 7:30 pm**. You can get more information about the club and the hobby at the club's website ([www.wb1gof.org](http://www.wb1gof.org)), or send an email to [k1ig@arrl.org](mailto:k1ig@arrl.org). See page 13 of this newsletter for info on **Amateur Radio Relay League 2024 Field Day on June 22**.

**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/](https://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
- Michael Clayton, Maintenance
- Edna MacNeil, Front Desk
- Katherine Russell, Senior Assistant
- Margaret Siegel, Registrar
- Karen Heitkamp, Night Supervisor
- Bob Benoit, Van Driver
- Karen Collins, Van Driver
- Paul Davis, Van Driver
- Steve Ducharme, Van Driver
- Bob France, Van Driver
- Ed Jarvis, Van Driver
- John Lasna, Van Driver
- Lisa Nee, Van Driver and Assistant Dispatcher
- Pam Rovendo, Van Driver

**COUNCIL ON AGING BOARD MEMBERS**

- Robert "Bob" Tierney, Member Emeritus
- Nancy Cook, Chair
- Terry Stader, Vice Chair
- Kathryn Wilson, Clerk
- Patricia Dubey
- Patricia Holmes
- Joseph Lapiana
- Barbara Upperman



**FRIENDS OF CAMERON BOARD MEMBERS**

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

**BOARD MEETINGS**

**COA Board May 15 and June 12 at 4 pm**  
**Friends Board May 16 and June 20 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](http://www.westfordma.gov/coa)

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## 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!

### NEW WATERCOLOR CLASS (See page 2 for full description)

**Wednesday May 8<sup>th</sup> – June 26<sup>th</sup>**

**10am -12:00pm. No class on May 29<sup>th</sup> and June 19<sup>th</sup>**

Cost of this course will be \$125. Please sign up by phone 978.692.5523 or online at [myactivecenter.com](http://myactivecenter.com)

## Social and Enrichment Activities

### BOOK CLUB Tuesdays MAY 21st & JUNE 18th at 2:00 pm



Are you a reader who likes to talk about books? Are you a reader and like to talk about books? Join us in our library in May for *Eleanor Oliphant is Completely Fine* by Gail Honeyman and in June for *The Daring Ladies of Lowell* by Kate Alcott. You can get a book from us at the senior center or try on line i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978.399.2326

### 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!

### 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

**Thursday May 2, Tuesday May 14, and**

**Wednesday June 5<sup>th</sup> at 3 pm**

Do you want to feel more confident with technology? Here is your opportunity! We are excited to offer classes 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



### TUESDAY GOLF AT QUAIL RIDGE

354 Great Rd, Acton MA Tuesdays beginning at 7:30 am  
Now—October Cost: \$20 walking, \$31 with cart. Call Quail Ridge at 978.264.0399 to reserve your tee time. Make sure you say you're with the Westford Group to get this special price.

### PING PONG

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

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



### BILLIARDS

The Billiards room is open every day that the Cameron is open. Come enjoy a game of pool!

### PICKLEBALL

Don't forget that if you would like to borrow the Pickleball equipment to play on the basketball court next to the Cameron during hours of operation, please reserve by calling the front desk at 978.692.5523. 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>



### INTRO TO PICKLEBALL CLASS AT MILLWORKS

**TUES., DATES TBD at 5:30pm**

**WED., DATES TBD 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. This program will give a student the opportunity to build their game 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 3<sup>rd</sup> 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. 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. Sign up at 978.692.5523

**COACH:** 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. 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.

### AMATEUR RADIO RELAY LEAGUE 2024 FIELD DAY

The Westford Police Amateur Radio Team (PART) (<http://www.wb1gof.org/>) will be participating in the Amateur Radio Relay League 2024 Field Day (<https://www.arrl.org/field-day>). During this event, we will be communicating with other amateur radio operators from across North America and around the world. We will be showcasing 7 different live amateur radio stations, each using a different amateur radio communication technique. Most of all, one of the stations will permit you to get on the air. Come join us at the Concord Rod and Gun Club (<https://concordrodandgun.com/>) at 74 Strawberry Hill Road in Concord, MA from 2:00 PM Saturday June 22 through 12:00 noon Sunday June 23. It's free and open to the public. Bring the grand kids!

**If you would like to participate in a class and you have a financial hardship, please see our social service staff for financial scholarship!**



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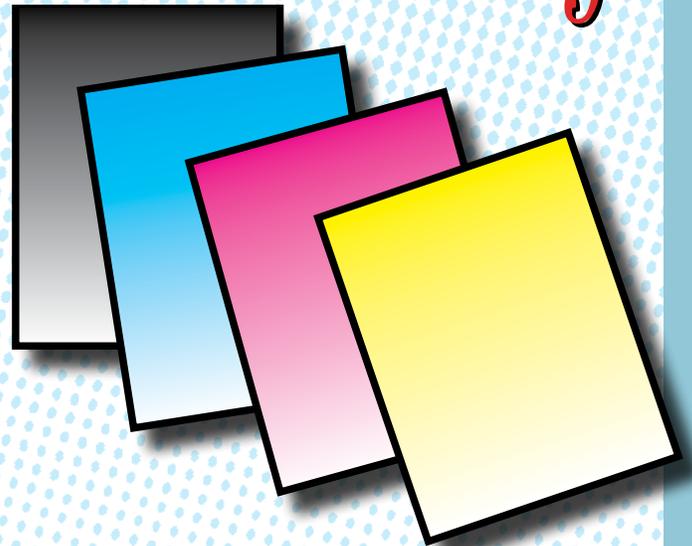
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**BRAIN GAMES**

**Answer to Sudoku**

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

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

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

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**CROSSWORD PUZZLE**

**ACROSS**

- 1 Brit. Virgin Islands (abbr.)
- 4 Viking
- 8 External covering
- 12 Belonging to (suf.)
- 13 End (pref.)
- 14 Mississippi bridge
- 15 Compass direction
- 16 Maenad
- 18 Broad structural basin
- 20 Water nymph
- 21 Abdominal (abbr.)
- 23 Star post
- 27 Sp. instrument
- 32 Annoy
- 33 Insect
- 34 Misrepresent
- 36 You (Ger.)
- 37 Hindu month
- 39 Female noble
- 41 Bird
- 43 Eur. Economic Community (abbr.)
- 44 Trespass for game
- 48 Gamin
- 51 Pace (2 words)
- 55 Shoe size
- 56 "Uncle Remus" rabbit
- 57 7th incarnation of Vishnu
- 58 Cathode-ray tube (abbr.)
- 59 Convey
- 60 Black
- 61 Kilometers per hour (abbr.)

**DOWN**

- 1 Conquer
- 2 Anatomical duct
- 3 Lump
- 4 Off-track betting (abbr.)
- 5 Compart
- 6 Razor-billed auk
- 7 Central points
- 8 Drive
- 9 John, Gaelic
- 10 Banned pesticide
- 11 Compass direction
- 17 Chin. dynasty
- 19 Dance
- 22 Collision attendee
- 24 Job
- 25 Ancient Gr. city
- 26 Dregs
- 27 Heddles of a loom
- 28 Handle
- 29 Beak
- 30 Guido's note (2 words)
- 31 Shooting match
- 35 Equal opportunity employer (abbr.)
- 38 Household linen
- 40 Nat'l Endowment for the Arts (abbr.)
- 42 Chun pan
- 45 Rhine tributary
- 46 Crustacean
- 47 Blood (pref.)
- 49 Amer. Assn. of Retired Persons (abbr.)
- 50 Eng. spa
- 51 Abate
- 52 Yorkshire river
- 53 Race the motor
- 54 Israeli tribe

**ANSWER TO PREVIOUS PUZZLE**

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

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"PH YSUVSQV OVBJKXY XSD SQLV,  
PB'Y GPY HKDAB. PH GV OVBJKXY  
XSD BNPLV, PB'Y XSDJ HKDAB."  
— JSUKQPKQ MJSRVJO

PREVIOUS SOLUTION: "Endeavor to so live that when you die even the undertaker will be sorry." — Mark Twain

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