

# AT THE CAMERON

**REPRESENTATIVE JIM ARCIERO and SENATOR JOHN CRONIN'S ANNUAL COOKOUT**

**Wednesday, August 7th at 12pm**

Representative Jim Arciero will again be hosting his crowd-pleaser indoor cookout along with **Senator John Cronin** at the Cameron. Enjoy freshly grilled hot dogs and burgers. This is a great opportunity to meet and share concerns with them! Please RSVP to 978.692.5523.



**KIWANIS COOKOUT**

**TUESDAY, SEPTEMBER 3rd at 6:00 pm**

We are excited that the Kiwanis group is coming back to provide a hamburger/hotdog meal. Be sure to call 978.692.5523 to secure a spot.



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

**Friday, July 5th 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)



**\*\*KIMBALLS UNDER the STARS\*\*  
END of the SUMMER PARTY**

**Tuesday, August 27th from 4-9 pm**

Sponsored by: *Friends of Cameron, Westford Fund/Patti Mason and EOE grant.* Come to Kimball

Farms for an evening of cool summer breezes while enjoying activities and one another's company. The Kimball experience includes: one round of 18-hole mini golf, two bumper boat rides, one- zipline rides, one bucket of balls for driving range, and batting cage tokens! **Dinner will be served at 5:45 pm** with your choice of : Burger or Cheeseburger, Veggie Burger, or ¼ lb. All Beef Hot Dog. Choice comes with sandwich fixings, potato chips, soda, and kiddie cup of ice cream! There will be **music entertainment from 5:45 pm -7pm.** **Cost is \$20.** RSVP at 978.692.5523 and please indicate your sandwich selection when you register. **Please note: The Cameron Senior Center will be closed due to off-site program.**



**NEW for Music Lovers! Enjoy MET Summer ENCORE 2024 Operas!**

Sponsored by: Westford Fund/Patti Mason  
Location: O'Neil Cinemas, The Point, 1200 Constitution Ave., Littleton

**Wednesday, July 24th at 1:00PM - La Boheme Opera**

**Wednesday, August 7th at 1:00PM- Turandot Opera**

**Cost: \$10** RSVP at 978.692.5523 to confirm reserved seating.

The Metropolitan Opera

**RED SOX VS YANKEES Baseball Program**

**Tuesday, August 6 at 1:30 pm FREE**

Join **Marty Gitlin**, a respected sports writer and baseball expert, as he takes you through a century of unforgettable moments in the fiercest rivalry in American sports. From the Babe Ruth trade that sparked the Yankees' dominance to epic showdowns like DiMaggio vs. Williams and the infamous brawl of '67. You'll experience it all! Dive into the gripping saga from Bucky Dent's legendary home run to the Red Sox historic 2004 comeback. An exciting journey through sports history is guaranteed. *Ballpark refreshments will be served.* **We appreciate the Friends of the Cameron for their support of this Program!**



## From the Director' . . .

### IN WITH FY25 AND A FEW REMINERS

Dear Cameron Friends:

As we unfurl a new year together, I want to share some changes we have made to respect and work with a reduced budget as all Town Departments and Schools are undergoing. These changes include the following:



Evening Programs will only be held on Tuesday evenings.

COA van service will run from 8AM-4PM Monday through Friday, with service as needed for Tuesday evening programs.

Outreach Coordinator hours have increased by eleven hours to support social services and outreach needs. Increase will be absorbed by EOEI Formula grant

BINGO will be held each Monday starting at noon to three. Friday BINGO will only be held if a volunteer caller is secured ONCE a month starting at noon. BINGO lunch has been discontinued.

Property Tax Work-off Program slots that COA oversees has been reduced from twenty to fourteen.

Bridge will be held on Thursdays from 9AM-12:30PM.

All maintenance line items have been moved under the Town Facility budget.

With these changes, I feel confident that we will have strong programming, services and other pertinent needs to operate the Cameron. Along with our COA Board and Staff, I appreciate the **Friends of the Cameron Board** and respective Membership for considering our FY25 Budget request for \$29,400.00. This request for additional funding will help support our valuable transportation program that provides between 550-600 plus rides a month to residents age 55 and over, as well as the Disabled of all ages. Also, imperative to this request was to help support diverse programming and affordability for our older adult community that utilize the Cameron. I would like to thank the COA Board, the Friends of the Cameron Board, and the incredible and outstanding staff I rely on and appreciate each day. If you have any questions or thoughts, please reach out to me at 978.399.2323, or come see me the next time you're at the center. Enjoy perusing your July/August newsletter and its many offerings.

**The 35<sup>th</sup> Annual Gay 90's** was quite an exciting event, opening with *Town Manager, Kristen Las* and *Representative G. James Arciero* presenting the Boston Post Cane to **Ms. Rose Perrone, age 101**. Rose was looking stunning and vibrant with her loving daughter, Gloria Doherty. Rose was in fantastic company with thirty-nine honorees age 90 and over! The many honored guests included *Anita Tonakarn-Nguyen*, District Director for Office of State Representative G. James Arciero; *Mike Edwards*, Assistant Town Manager; *Denise Pigeon*, Nashoba Valley Technical High School Superintendent; *Patricia Blackstone*, Nashoba Valley High School. **The Westford Regency** hosted a delicious three course meal and very large birthday cakes made specially by students of **Nashoba Tech Culinary Arts Program**, a wonderful partner to the Cameron. Flower arrangements were beautifully crafted by **Westford Florist** and made bright spring centerpieces, adorning each table and each honoree taking one home to enjoy. Each honoree received a monetary gift from **Nancy and Chet Cook** which has been a tradition for many years. This event wouldn't be possible without the generosity of those shared above, and our financial sponsors: **Gold: Friends of the Cameron Senior Center, Bronze: Executive Office of Elder Affairs Formula Grant and Council on Aging Board**. This event was carefully orchestrated by **Claire France, COA Record Supervisor** who truly strives to make this annual event a beautiful and memorable event for our honorees and their guests and all who attended an incredibly well-executed event!



Four honorees, who worked together at Raytheon, enjoy catching up and seeing one another!



Pictured: L-R Claire France, COA Record Supervisor, Rep. G. James Arciero, Kristen Las, Town Manager, Gloria Doherty, daughter of Rose Perrone, and front center—Honoree Rose

★ Please remember the Cameron gladly offers scholarships so all Town older adults aged 55 plus can enjoy Cameron activities. We just ask that you speak with social service staff for scholarship availability based on financial need. Scholarships do not include Day/Overnight Trips offerings with travel companies such as BLOOM, etc..

Jennifer Claro

**MassDOT Registry of Motor Vehicles “Shifting Gears” Workshop**

The Massachusetts Registry of Motor Vehicles (RMV) is committed to improving safety for all road users and will present “Shifting Gears, a safe driving workshop and Disability Placard Information for older drivers at Cameron Senior Center, Westford on **Tuesday, August 13 at 1:00 p.m.**

Owning a vehicle and holding a driver’s license are privileges that come with a great deal of responsibility. Recent studies show that most of us will outlive our ability to drive safely by seven to ten years. Crash data shows that 94% of crashes are caused by driver error, which means nearly all the crashes that happen on our roadways are 100% preventable.

Workshop topics include:

**Disability Placard/Plate application process**

- Warning signs of unsafe driving
- Age-related changes that impact driving
- Rules of the road including the Vulnerable Road Users, Distracted Driving, and the *Move Over Law*; and
- Driving training and assessment programs
- REAL ID and how to contact the RMV re. appointments and support.

**WESTFORD’S CURBSIDE RECYCLING & TRASH PROGRAM**

**CHANGES Beginning July 1<sup>st</sup>**

Curbside collection of recycling and trash will be performed by the Town’s new contractor, E.L. Harvey. With the new contract, there are several changes you should be aware of.

- Your day of collection will remain the same, but the time may change. It is important all items be curbside by **7 A.M.** on your regular collection day!
- The Town’s current limit of 3 containers with a total of 96 gallons for trash will be enforced. Recycling will remain unlimited.
- Bulk waste (green sticker) and white goods (orange sticker) collection will change. Please visit the website below for detailed information or call the Town Manager’s office at 978-692-5501.
- Customer service will be provided by E.L. Harvey by calling 1-800-321-3002.

You can help to keep Westford’s costs low by choosing to divert items from our trash stream. For more information on how to do this, and on other curbside program changes, please visit [www.westfordma.gov/recycling-trash](http://www.westfordma.gov/recycling-trash).

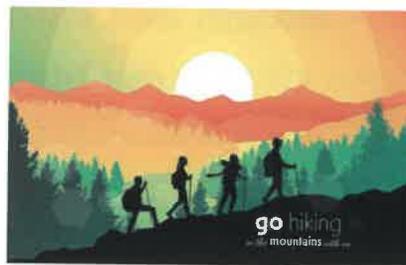
**ROUDENBUSH COMMUNITY MARKET**



The Roudenbush Community Market will commence on July 2nd at 3:00 PM located at Fisher Way in Westford, MA. This vibrant market will be open every Tuesday until September 10th, operating from 3 PM to 7 PM. Visitors can enjoy a variety of local produce, artisanal goods, and community activities.

The Roudenbush Community Center is excited to introduce you to Daisy, our Market mascot! Daisy the cow will be hidden at a different vendor each week. Check out our social media for hints on where to find her. When you do, come to the Roudenbush table to win a prize!

**\*\*NEW LOCATION\*\*** The new location next to Abbot School, offers ample parking and space for additional vendors and food trucks We will still have the option to hold the Market in the gym of Roudenbush in case of bad weather! See you at the Market!



**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.

**Kennedy Pond and Esker Loop**

**Date:** July 1st  
**Distance:** 2 - 3 miles  
**Terrain:** Rolling hills and rocky eskers, roots.  
**Trailhead:** Kiosk at the parking lot off of Trailside Way (after #7 Trailside Way).

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

**Date:** July 10th  
**Distance:** 2 miles  
**Terrain:** Rolling hills, roots.  
**Trailhead:** Mass Audubon Parking lot, 196 Concord Rd., Westford.

**NARA PARK**

**Date:** July 29th  
**Distance:** 2 – 3 miles.  
**Terrain:** Mostly flat, rocks, roots.  
**Trailhead:** 25 Ledge Rock Way, Acton. (The first parking area, behind the beach concession stand/changing rooms.)

**Beaver Brook**

**Date:** August 5th  
**Distance:** 2 miles.  
**Terrain:** Mostly flat, rocks roots.  
**Trailhead:** The cul de sac at the end of Buckingham Dr., Westford.

**Stony Brook School**

**Date:** August 12th  
**Distance:** 2 – 3 miles.  
**Terrain:** Mostly flat, but 1 steep up and down.  
**Trailhead:** Stony Brook School parking lot, in the back, next to the track and football field. Farmers Way, Westford.

**Texas Road – Emmette Property**

**Date:** August 19th  
**Distance:** 2 – 3 miles.  
**Terrain:** Rolling hills, eskers, rocks, and roots.  
**Trailhead:** Take Texas Rd. Off Rt. 225/ Carlisle Rd., across from Jack Walsh Field. Kiosk is off Texas Rd., next to 2 Sherlock Ln., 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—July 2nd— August 27th**

**Thursdays July 11th—August 29th**

**9:15 am Cost:** Westford residents **\$24 for one class**

**per week, and \$48 for two classes per week.** Non-resident's cost \$5 per class \$45 for Tuesdays (9 Tuesdays) and \$40 for Thursdays (8 Thursdays) and \$85 for two classes per week (17 classes). Sign up at 978.692.5523.

**There will be no classes on July 4th, August 20th or August 22nd.**



### CHAIR MOVEMENT with CAROL WING

**Tuesdays—July 2nd— August 27th**

**Thursdays July 11th—August 29th**

**10:15 am Cost:** Westford residents **\$24 for one class**

**per week, and \$48 for two classes per week.** Non-resident's cost \$5 per class \$45 for Tuesdays (9 Tuesdays) and \$40 for Thursdays (8 Thursdays) and \$85 for two classes per week (17 classes). Sign up at 978.692.5523.

**There will be no classes on July 4th, August 20th or August 22nd.**



### MINDFUL MOVEMENT

**Tuesdays—July 9th - August 27th**

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

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

Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving emotional stress and mental anxiety. The instructor for this 8-week session is from Cultivating Qi in Westford. For a short preview of what you will be learning, go to this link: <https://youtu.be/jaXqbbn4JF8> **Cost** for Westford residents is **\$40** for one class time per session, and **\$80** for both classes. Sign up at 978.692.5523.

### INTRODUCTION TO TAI CHI & QIGONG

**Tuesdays July 2nd—August 20th**

**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. **No Class on Aug. 27—** Center Closed for off site program.



### 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

**WellBeing Fitness** Tuesdays & Thursdays at 10 am  
**8 wks beginning Tues, Jul 9<sup>th</sup> – Thurs, Aug. 29<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 July 10<sup>th</sup> – August 28<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**

**7 weeks beginning July 15<sup>th</sup> – August 26<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 July 10<sup>th</sup> – August 28<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.



**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—August 12th and September 16th at 9:30 am**

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

### FREE HEALTH SERIES—3rd Tuesday of the Month

**Tuesdays, July 16th and August 20th at 4:30 pm**

Join our monthly series with professional speakers from local medical and wellness sites. Don't miss this valuable information for you and your loved ones. In July the local **Dr. Ken Cerreto, owner, and lead acupuncturist of Great Wave Acupuncture & Wellness at Circle Health Westford, will be here. Great Wave is a brand new, integrative clinic and aims to offer a wide range of holistic health therapies.** Coming soon: stress management and resiliency classes, Chinese herbal medicine, massage therapy, and more. Dr. Ken's studies included concentrations in pain management, orthopedic acupuncture, and integrative health. Then, in August, we will have **Dr. Charlie Mobayed of the MA Psychological Association and Erika Kohl of Westford's Clean Energy and Sustainability Committee** to discuss *the mental health implications of Climate Change*. Climate anxiety and concern are not uncommon, but so is hope and empowerment. Sign up at 978.692.5523 to participate in either program.

**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, July 8th and August 12th by appointment.**

#### What can SHINE do for you?

SHINE is an acronym: Serving the Health Insurance Needs of Everyone... on or eligible for Medicare. SHINE counselors are highly trained volunteers (and some who counsel as part of their jobs) who will assist you with learning about Medicare and Medicare Savings Programs, whether you are exploring Medicare or are already enrolled.

Medicare Savings Programs (MSPs), formerly known as the MassHealth Senior Buy-in and Buy-In Programs can help with your Medicare costs, such as Part A and/or Part B premiums, deductibles, copays and co-insurance. In Massachusetts, MSPs are managed by MassHealth and there are three different types of MSPs, with different levels of coverage assistance.

A SHINE counselor will help you determine eligibility, based on income and/or assets for all potential cost saving programs, including MassHealth Standard and other programs associated with it. The recent elimination of asset guidelines for MSPs may mean that you are eligible now, when you may not have been eligible before.

If you are not eligible, a SHINE counselor can review your Medicare coverage to help determine if you are in the most cost-effective plan and will help determine opportunity for change if so.

SHINE is a federally funded program helping you navigate Medicare. 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.

## Healthy Food Resources

### WHOLE FOODS/ TRADER JOE'S DISTRIBUTION

**Mondays and Thursdays at 1:00 pm**

For those interested in participating in a Food Distribution Program open to all incomes of households age 55 and older: Numbers are given out on at 10:30 in the order of arrival in lobby seating area. Once you receive a number, you may sign up between noon-2 pm in order of numbers given out. The actual food distribution begins at 1 pm if volunteers have finished setting up all the perishable and non-perishable items. This is an abundant program that offers free items of your choosing.

### 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.



### 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

**Every Thursday at WHA at 65 Tadmuck Rd community center  
Numbers Given out at 1 pm, Food Distribution starts at 1:15 pm**

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.



## Social Services and Outreach News

### OUTREACH

Jen B and Annette are here for you Monday through Friday to answer questions, help you problem solve, find resources, get support and more. Please don't hesitate to reach out to us; no question or concern is silly. If we don't know the answer, we will help you find it. 978.399.2326.

### GRIEF SUPPORT GROUP – for folks 55+ - **NEW TIME 2:30 pm**

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 2:30 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

The Dementia Caregiver Support Group is taking a summer break. The group will resume in September. If you need caregiver support resources during the summer, call Alison at 978.399.2325.

### BOOK CLUB **Tuesdays JULY 16th & AUGUST 20th 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 July for the lighthearted book, **The Guncle** by Steven Rowley and in August the biography, **An Elephant in My Kitchen** by Françoise Malby – Anthony. 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



### ACORN TO OAKS



We will not be organizing Acorn to Oaks during summer months, but if current volunteers wish to continue to volunteer, please speak with Frost school administrative staff for continuation or Amanda Krohn, Roudenbush Executive Director.

Thank you for volunteering to read at Frost School!

### DID YOU KNOW?

**Disability Pride Month** is celebrated in **July** every year to commemorate the signing of the Americans with Disabilities Act (ADA) into law on July 26, 1990. This legislation broke down barriers to inclusion in society. This is a time to honor the achievements, experiences and struggles of the disability community.

**August is Healthy Aging month.** Physical activity can help you **stay healthy and independent as you age.** Being active can: make it easier to do everyday tasks, like cleaning and grocery shopping; help ease pain and manage other health problems and lower your risk of falls and an injury if you do fall. For more information on healthy aging tips, please visit [health.gov](http://health.gov) or stop into the Outreach department for more information.

## Housing & Independent Living Resources

**FINANCIAL ASSISTANCE:** We realize that costs have increased significantly. As of July 1<sup>st</sup> if you are a low-moderate income household and are struggling with expenses, you can apply for up to \$2000 toward mortgage, rent, overdue taxes, or household utilities. This program is first come first served and you can obtain an application at the Senior Center. 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 65+ and disabled individuals who own and reside in their home may apply if they need assistance with property taxes. The applications are available 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.

### 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.



### CARWASH & ICE CREAM SOCIAL

**Wednesday, July 24<sup>th</sup>**

**Car Wash 10 am—12 noon**

**Ice Cream Social : 1:30 pm**

High School Students from the **Blessed Trinity Youth Mission Trip** are staying local again, and they would like to provide their services to the Cameron with another Car wash and Ice cream Social. The car wash will go from **10 am—12 noon**. The Ice Cream Social will begin at **1:30 pm**. Call the front desk to sign up for each activity. 978.692.5523.



## Community Resources

### ASK THE FIRE PREVENTION OFFICER

Thursdays July 11th and August 8th 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 July 18th and August 15th 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, September 17th 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, July 9th and August 13th at 11 am in the welcome area

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, July 8th and August 12th at 11:00 a.m. in the welcome area

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!

## Transportation (continued)

**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.

### EXCITING NEWS!!

This July, the Lowell Regional Transit Authority (LRTA) is sponsoring "Try Transit Month." This will allow riders of all LRTA buses (including our COA Vans, and the Route 15 LRTA bus) to ride **free!** See below for more details.



Lowell Regional  
Transit Authority

# TRY TRANSIT MONTH

## The Entire Month of July 2024

### RIDE FOR FREE

**On All LRTA Buses, Road Runner  
and Council on Aging Vehicles**



The LRTA would like to introduce public transportation to everyone in our community.

So please **Try Transit** and leave the driving to us!

### EXPERIENCE THE BENEFITS OF PUBLIC TRANSPORTATION

**Convenient Access to:**  
Employment, Hospitals and Medical Services  
Shopping Destinations like Malls, Plazas and Specialty Stores  
Attractions, Restaurants, Museums and Parks

**Less Traffic Congestion and Reduced Energy Consumption**

**Economic Development**

**A Clean Air Environment**

**Get Connected with the LRTA!**  
Whether you are visiting the region or need to get to local destinations, we can get you there or connect you to the MBTA and other transit providers.

**FOR MORE INFORMATION VISIT  
WWW.LRTA.COM**

For more information visit [www.LRTA.com](http://www.LRTA.com)

## Dining Options and Travel

### GAME NIGHT \*

**NOW 1ST TUESDAY of the MONTH at 4:30 pm**

**July 2 and August 6** Join us for an early evening of fun and laughter. All the games played are easy to learn. In July we will challenge each other with the word game **Boggle**, and in August the colorful card game **UNO**. **The cost is \$4.00** for refreshments and light meal. Please sign up in advance for planning purposes, 978.692.5523.

### BIRTHDAY CELEBRATIONS

**Cost is \$5 Birthday celebrants are free.** Please sign up at 978.692.5523

**JULY 10 at 12:00 noon** We would like to celebrate our July birthdays and the birthday of our country, with a July 4<sup>th</sup> theme. We are thrilled the Upbeats band will perform patriotic music for us. Come bring your spirit and voices. Our menu will be pulled pork sandwiches, corn on the cob, coleslaw and dessert.



**AUGUST 21 at 12:00 noon** Come help us celebrate our August Birthdays! Lunch will be a Trio Salad plate with chicken, pasta and fruit salad freshly provided by Whole Foods. Enjoy a brownie sundae with our August celebrants. To add to the fun, we will play three games of BINGO with prizes.



### MOVIE SHOWINGS \*

**SHOWINGS NOW 2<sup>ND</sup> TUESDAY of the MONTH at 5:00 pm**

**July 9 and August 13**

Join us in July for the romantic comedy, **"Something's Gotta Give"** starring Diane Keaton and Jack Nicholson. In August we will learn about composer Leonard Bernstein in the biographical drama, **"Maestro"**. **Just \$5.00** for a movie, popcorn, refreshments, and a light meal. Please call to sign up 3 days prior at 978.692.5523.



### RESTAURANT REVIEW

**Wednesdays, July 31 and August 28 at 11:30 pm**

Be sure to mark your calendars for our next outings on **July 31st at Johnson's Restaurant & Dairy Bar, 164 Boston Rd, Groton** and on **August 28th at Smokey Bones, 431 Middlesex Rd, Tyngsboro.**



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.

\*Special thanks to the Friends of the Cameron for their financial sponsorship of our 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 [krussell@westfordma.gov](mailto:krussell@westfordma.gov) or pick up a flyer at the Cameron. You can also sign up and pay for trips online at [myactivecenter.com](http://myactivecenter.com)

### BLOCK ISLAND - Friday, July 12, 2024



Visit beautiful Block Island with Bloom Tours this summer! We will depart via motor coach from the Franco American Club at 6:45 am and meet a ferry at Point Judith, Rhode Island. Upon arrival in Block Island, given the Island tour. The tour lasts approximately one hour and fifteen minutes and includes a stop at the historical Southeast Light. After the tour, enjoy lunch at

the National Hotel. You will have a choice of Pan Seared Chicken Breast, Pasta Pomodori or Baked Scrod. After lunch, you will have some free time to walk and shop in the Old Harbor's downtown. We depart for home in the afternoon. We will return to Westford at approximately 7:30 pm. **Full Payment and meal choice is due upon reservation. No Refunds. Prices: \$162 per person.**

### LOBSTER ROLL CRUISE - Wednesday, August 14, 2024

We will travel to Cape Cod for a truly exceptional day! We will depart via motor coach from the Franco American Club at 9:45 am. We begin our day on the Cape 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 a choice of Lobster Roll, Roast Beef Roll Up or a Vegetarian Roll Up. Before heading home, we will enjoy some free time in downtown Hyannis and enjoy a small cone at Katie's Ice Cream Shop. We will return to Westford at approximately 6:45 pm. **Full Payment and meal choice is due upon reservation. No Refunds. Prices: \$132 per person.**



### ESSEX STEAM TRAIN & RIVERBOAT—Friday, September 27, 2024



Join us for a special Rail & Sail in Essex, CT. We will depart via motor coach from the Franco American Club at 8:30 am. Upon arrival, we will board at the Essex Station and enjoy lunch on board while you as you pass by a beautiful countryside of meadows and farms. Choice of Braised Beef, Mushroom Asiago Chicken or Baked Ziti. The train travels along the Connecticut River to Deep River. Upon arrival at Deep "River Station, you will board the Riverboat for a relaxing ride along the Connecticut River. We will return to Westford at approximately 5:30 pm. **Full Payment and meal choice is due upon reservation. No Refunds. Prices: \$157 per person.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:00 Billiards</p> <p>9:00 <b>Hike with Mike</b></p> <p>9:30 Bone Builders</p> <p>12:00 BINGO</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Ping Pong</p>	<p>2</p> <p>7:30 Golf at Quail Ridge (all day)</p> <p>9:00 Mindful Movement</p> <p>9:15 ZUMBA</p> <p>10:00 Advanced Mindful Movement</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>12:45 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>2:00 Ping Pong</p> <p>4:30 <b>Game Night</b></p> <p>6:00 <b>Tai Chi / Qigong</b></p> <p>6:30 <b>Computer Class</b></p>	<p>3</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p>1:30 Knitting Group</p> <p>6:00 Food Pantry</p>	<p>4</p> <p style="text-align: center;"><b>Center Closed</b></p> <p style="text-align: center;"><b>4th of July</b></p>	<p>5</p> <p>8:00 Billiards</p> <p>9:00 Food Pantry</p> <p>9:30 Ping Pong</p> <p>1:00 Whole Foods / TJs</p> <p>1:30 <b>ISGM Art Heist Program</b></p>
<p>8</p> <p>8:00 Billiards</p> <p>9:30 Bone Builders</p> <p>11:00 <b>Ask the Realtor</b></p> <p>12:00 BINGO</p> <p>12:30 <b>SHINE</b></p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Ping Pong</p>	<p>9</p> <p>7:30 Golf at Quail Ridge (all day)</p> <p>9:00 Mindful Movement</p> <p>9:15 ZUMBA</p> <p>10:00 Advanced Mindful Movement</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>11:00 <b>Vet to Vet</b></p> <p>12:45 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>2:00 Ping Pong</p> <p>5:00 <b>Movie Night</b></p> <p>6:00 <b>Tai Chi / Qigong</b></p>	<p>10</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:00 <b>Hike with Mike</b></p> <p>9:30 Bone Builders</p> <p>11:00 Intermediate Yoga</p> <p>12:00 <b>Birthday Lunch</b></p> <p>1:30 Knitting Group</p> <p>6:00 Food Pantry</p>	<p>11</p> <p>8:00 Billiards</p> <p>9:00 Bridge</p> <p>9:15 ZUMBA</p> <p>10:00 Upbeats Band</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>11:00 <b>Ask Fire Prev. Officer</b></p> <p>12:30 Hand and Foot</p> <p>12:45 Bone Builders</p> <p>1:00 <b>Watercolor Class</b></p> <p>1:00 Whole Foods / TJs</p> <p>1:00 Gaining Grounds—WHA</p> <p>2:30 <b>Grief Support</b></p>	<p>12</p> <p>8:00 Billiards</p> <p>9:00 Food Pantry</p> <p>9:30 Ping Pong</p> <p style="text-align: center;"><b>BLOCK ISLAND BUS TRIP</b></p>
<p>15</p> <p>8:00 Billiards</p> <p>9:30 Bone Builders</p> <p>12:00 Gentle Yoga</p> <p>12:00 BINGO</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Ping Pong</p>	<p>16</p> <p>7:30 Golf at Quail Ridge (all day)</p> <p>9:00 Mindful Movement</p> <p>9:15 ZUMBA</p> <p>10:00 Advanced Mindful Movement</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>12:45 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>2:00 Ping Pong</p> <p>2:00 <b>Book Club</b></p> <p>4:30 <b>Health Series</b></p> <p>6:00 <b>Tai Chi / Qigong</b></p> <p>7:30 <b>Radio Club (PART)</b></p>	<p>17</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p>11:00 Intermediate Yoga</p> <p>1:30 Knitting Group</p> <p>4:00 <b>COA Board Meeting</b></p> <p>6:00 Food Pantry</p>	<p>18</p> <p>8:00 Billiards</p> <p>9:00 Bridge</p> <p>9:15 ZUMBA</p> <p>10:00 <b>Friends Board Meeting</b></p> <p>10:00 Upbeats Band</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>12:30 Hand and Foot</p> <p>12:45 Bone Builders</p> <p>1:00 <b>Watercolor Class</b></p> <p>1:00 Whole Foods / TJs</p> <p>1:00 Gaining Grounds—WHA</p> <p>1:30 <b>Sit w/ State Sen. Staff</b></p>	<p>19</p> <p>8:00 Billiards</p> <p>9:00 Food Pantry</p> <p>9:30 Ping Pong</p> <p>12:00 <b>BINGO</b></p>
<p>22</p> <p>8:00 Billiards</p> <p>9:30 Bone Builders</p> <p>12:00 Gentle Yoga</p> <p>12:00 BINGO</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Ping Pong</p>	<p>23</p> <p>7:30 Golf at Quail Ridge (all day)</p> <p>9:00 Mindful Movement</p> <p>9:15 ZUMBA</p> <p>10:00 Advanced Mindful Movement</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>12:45 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>2:00 Ping Pong</p> <p>6:00 <b>Tai Chi / Qigong</b></p> <p>6:30 <b>Computer Class</b></p>	<p>24</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p>10:00 <b>Car Wash</b></p> <p>11:00 Intermediate Yoga</p> <p>1:00 <b>MET Opera</b></p> <p>1:30 <b>Ice Cream Social</b></p> <p>1:30 Knitting Group</p> <p>6:00 Food Pantry</p>	<p>25</p> <p>8:00 Billiards</p> <p>9:00 Bridge</p> <p>9:15 ZUMBA</p> <p>10:00 Upbeats Band</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>12:30 Hand and Foot</p> <p>12:45 Bone Builders</p> <p>1:00 <b>Watercolor Class</b></p> <p>1:00 Whole Foods / TJs</p> <p>1:00 Gaining Grounds—WHA</p> <p>2:30 <b>Grief Support</b></p>	<p>26</p> <p>8:00 Billiards</p> <p>9:00 Food Pantry</p> <p>9:30 Ping Pong</p>
<p>29</p> <p>8:00 Billiards</p> <p>9:00 <b>Hike with Mike</b></p> <p>9:30 Bone Builders</p> <p>12:00 BINGO</p> <p>12:00 Gentle Yoga</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Ping Pong</p>	<p>30</p> <p>7:30 Golf at Quail Ridge (all day)</p> <p>9:00 Mindful Movement</p> <p>9:15 ZUMBA</p> <p>10:00 Advanced Mindful Movement</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>12:45 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>2:00 Ping Pong</p> <p>6:00 <b>Tai Chi / Qigong</b></p>	<p>31</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p>11:00 Intermediate Yoga</p> <p>11:30 <b>Restaurant Rev</b></p> <p>1:30 Knitting Group</p> <p>6:00 Food Pantry</p>	<p style="font-size: 2em;"><b>July</b></p> <p style="font-size: 2em;"><b>2024</b></p>	

**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 & F 8:00 am - 3:30 pm, Tuesday 8:00 am - 7:30 pm Trudy's Boutique open daily from 9am - 3pm**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>August 2024</b>			1 8:00 Billiards 9:00 Bridge 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 <b>Watercolor Class</b> 1:00 Whole Foods/TJs 1:00 Gaining Grounds—WHA	2 8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong
5 8:00 Billiards 9:00 <b>Hike with Mike</b> 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong	6 7:30 Golf at Quail Ridge (all day) 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 1:30 <b>Red Sox/ Yankees Baseball</b> 2:00 Ping Pong 4:30 <b>Game Night</b> 6:00 <b>Tai Chi / Qigong</b>	7 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 12:00 <b>Arciero/Cronin Cookout</b> 1:30 Knitting Group 1:00 <b>MET Opera</b> 6:00 Food Pantry	8 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 11:00 <b>Ask Fire Prev. Officer</b> 12:30 Hand and Foot 12:45 Bone Builders 1:00 <b>Watercolor Class</b> 1:00 Whole Foods/TJs 1:00 Gaining Grounds—WHA 2:30 <b>Grief Support</b>	9 8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong
12 8:00 Billiards 9:00 <b>Hike with Mike</b> 9:30 <b>Hearing Screening</b> 9:30 Bone Builders 11:00 <b>Ask the Realtor</b> 12:00 Gentle Yoga 12:30 <b>SHINE</b> 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong	13 7:30 Golf at Quail Ridge (all day) 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 11:00 <b>Vet to Vet</b> 12:45 Bone Builders 1:00 <b>MassDOT Workshop</b> 1:00 Open Art Studio 2:00 Ping Pong 5:00 <b>Movie Night</b> 6:00 <b>Tai Chi / Qigong</b> 6:30 <b>Computer Class</b>	14 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 1:30 Knitting Group 6:00 Food Pantry  <p style="text-align: center;"><b>LOBSTER ROLL CRUISE</b></p>	15 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:00 <b>Friends Board Meeting</b> 10:15 Chair Movement 12:30 Hand and Foot 12:45 Bone Builders 1:00 <b>Watercolor Class</b> 1:00 Whole Foods/TJs 1:00 Gaining Grounds—WHA 1:30 <b>Sit w/ State Sen. Staff</b>	16 8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 <b>BINGO</b>
19 8:00 Billiards 9:00 <b>Hike with Mike</b> 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong	20 7:30 Golf at Quail Ridge (all day) 9:00 Mindful Movement 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 <b>Book Club</b> 2:00 Ping Pong 4:30 <b>Health Series</b> 6:00 <b>Tai Chi / Qigong</b> 7:30 <b>Radio Club (PART)</b>	21 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 12:00 <b>Birthday Lunch</b> 1:30 Knitting Group 4:00 <b>COA Board Meeting</b> 6:00 Food Pantry	22 8:00 Billiards 9:00 Bridge 10:00 Upbeats Band 10:00 Well Being Fitness 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 1:00 Gaining Grounds—WHA 2:30 <b>Grief Support</b>	23 8:00 Billiards 9:00 Food Pantry 9:30 Ping Pong
26 8:00 Billiards 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong	27 7:30 Golf at Quail Ridge (all day) 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>Kimballs Under the Stars End of Summer Party. Center Closes @ 4 pm</b>	28 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 <b>Restaurant Review</b> 1:30 Knitting Group 6:00 Food Pantry	29 8:00 Billiards 9:00 Bridge 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	30 8:00 Billiards 9:00 Food Pantry 9:00 Music Makers 9:30 Ping Pong

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**Fitness Center open M, W, Th & F 8:00 am - 3:30 pm, Tuesday 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—4:00 pm**

**Bridge on Thursdays at 9:00 am—12:30 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.



**New BINGO Pricing effective July 1, 2024**

BINGO GAME Sheets: 4 Pack- \$12, 3 Pack- \$9, 2 pack- \$4 and 1 pack \$2

We are looking forward to having **Suzan Sullivan** call winning game numbers back to BINGO caller! If you are interested in volunteering with BINGO whether a caller, selling Game sheets or calling back winning game numbers, please let Jennifer Claro know by calling 978-399-2323. We will be using the BINGO Rose system to run BINGO.

**MONDAY BINGO**

**Mondays at 12 pm in the multipurpose room**

Join us at the Cameron for some BINGO Fun! Sign up at 978.692.5523.

**SPECIAL FRIDAYS BINGO - One Friday per Month**

**July 19th and August 16th at noon in the multipurpose room.**

Please note: There is NO BINGO Lunch, and Friday BINGO is made possible by Volunteer Callers. If Caller is absent, there will no be BINGO that day. Please share your name and phone number with the front desk in order to be notified in the event of a cancellation.

**SETBACK / PITCH**

Mature group seeking players in the Westford area for an occasional friendly card game. If you are interested (or you know of anyone who might be), call Mike 978.886.8308

**Friends Corner**



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

Wishing everyone a safe and fun filled summer.

Every May, the Friends award scholarships to graduating high school seniors based on community service and academic merit. This past May, I had the honor of presenting scholarships to five amazing graduates. Three Westford Academy seniors Meaghan Lu, Rahi Patel and Jack Whitman. All were volunteers at the Cameron and will be greatly missed. Mia Rowsky and Ryan Robichard both outstanding Nashoba Valley Technical High School graduates received a scholarship. Both had an incredible number of community service hours.

The Friends annual Membership and Donation campaign began in May. I hope everyone received their orange membership flyer in the mail. If not, we have them in the lobby of the Cameron. Membership and donations are critical in helping fund ongoing programs. Annual memberships run from July 1st through June 30th .

Work has begun on a new Friends website, and we hope to have it up and running by the end of the summer.

New to Cameron? Friends of Cameron volunteers will lead a Q & 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://westfordmafriensofcameron.com/>

Facebook page **Friends of the Cameron Senior Center**,



**DOLAN FUNERAL HOME**

James F. Dolan **978-251-4041** James F. Dolan II

106 Middlesex Street  
North Chelmsford

**www.dolanfuneralhome.com**

Pre-Planned  
Funeral Counseling

**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., July 16** and **Tues., Aug 20 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).

**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 Rovendro, Van Driver

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 Kathryn Wilson, Clerk  
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 Katharine Karr,  
 Frances Kosenko  
 Janine Nichipor  
 Christine Robinson

**BOARD MEETINGS**

**COA Board July 17 and August 21 at 4 pm**  
**Friends Board July 18 and August 15 at 10 am**

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

### It's Back! WATERCOLOR CLASS WITH PAULA (6 Weeks)

Thursdays starting on July 11<sup>th</sup>-August 15<sup>th</sup>

Time 1:00 pm to 3 pm

In this class the instructor will demo various techniques such as simple layering, varied washes, using masking, spattering, glazing, color theory, and using items to produce textures or effects. All participants will be working together using the same reference photo which will be provided by the instructor. A basic knowledge of watercolor painting is preferred as this is not an "absolute beginners' class". **Cost is \$120.00 for residents and \$140.00 for non-residents.** A supply list is available at the check-in desk.



### 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.



### 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

### THE UPBEATS—THURSDAYS AT 10 am

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

### 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—NEW TIME!

Tuesdays July 2nd, July 23rd and August 13th at 6:30 pm

Do you want to feel more confident with technology? Here is your opportunity! We are excited to offer classes from 6:30-7:30 pm with Jack "The Wiz" Whitman. Jack is a recent graduate from Westford Academy, 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 9:30 am

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>

### GOLFERS OF ALL SKILL LEVELS WANTED

Interested in playing 25 different Central Mass courses? Don't want to play in a league, but still want friendly competition? Want to play a few times a month but don't want to commit to a league each week? Want to meet new local guys?



Then the **CENTRAL MASS TRAVELING GOLFERS** is for you. The CMTG is a new group golfers in the Central Mass area. We play a different course within 45 minutes of Marlboro. We play friendly, handicapped matches with a small money prizes. Our schedule is being formed but we intend to play 2 or 3 times a month on Weds or Thursdays mornings. Contact Bob at [robertainsworthjr@gmail.com](mailto:robertainsworthjr@gmail.com) if interested in more information.

Type the link below to get to the Facebook page.

<https://www.facebook.com/groups/955591559626510/>

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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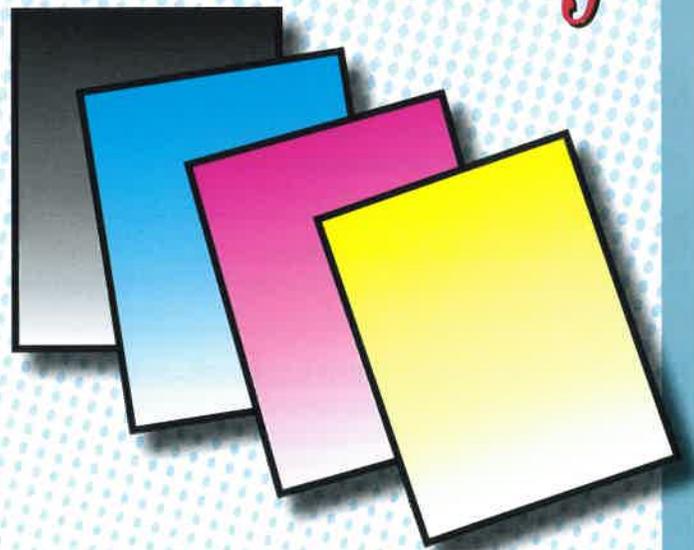
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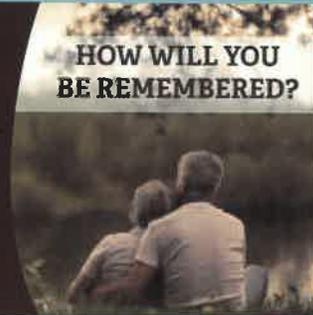
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**BRAIN GAMES**

**Answer to Sudoku**

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

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

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

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**CROSSWORD PUZZLE**

**ACROSS**

- Lamb's pen name
- Knot lace
- Maori seagoing canoe
- Concentrated (abbr.)
- Cheer
- King killed by Samuel
- Ger. exclamation
- Malt liquor
- Tibetan priest
- Serpent worship
- Heim
- Old Irish counterfeit coin
- Busette
- Marvel
- Of the eye
- One-spot
- Tree
- Amer. Cancer Society (abbr.)
- Greek letter
- Arp
- Camel hair cloth
- Science class
- Evaluate
- Plant filament
- Legume
- Warp yarn
- S.A. toucan
- Geological epoch
- No (Scot.)
- Included (abbr.)
- Jack-in-the-pulpit
- Pub fare
- Blind in falconry

**DOWN**

- Spoken alphabet letter
- Circular turn
- Move little by little
- Canna plant
- Tread
- Mulberry of India
- Greek letter
- Smash
- Bedouin headband cord
- Ridge created by a glacier
- Seaweed
- Skin vesicle
- Artificial language
- Brit. halfpenny
- Amazon tributary
- Rapid eye movement (abbr.)
- Ancient times
- Jap. porgy
- Science of (sul.)
- Central standard time (abbr.)
- Drone (2 words)
- Bacchante
- Absolute (abbr.)
- Arabic letter
- Fortification of felled trees
- Hindu prayer position
- Father; Hebrew
- Cauterize
- Room (Sp.)
- Accent
- Lo (Lat.)
- Bun
- Formal dance (Fr.)

**ANSWER TO PREVIOUS PUZZLE**

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

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

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

“ZG PI X YUUC KZU FXTTUB QG  
 XTHEM; QRB ZG PI X KPIG WXT KZU  
 KPCC TUB.”

— GTHCPIZ SEUJGEQ

PREVIOUS SOLUTION: “If someone betrays you once, it's his fault. If he betrays you twice, it's your fault.” — Romanian proverb

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