



AT THE CAMERON

LIVE THEATER SHOW – “BON VOYAGE FOREVER!”

Friday, September 20th at 1 pm

Delvena Theatre Company will be presenting “*Bon Voyage Forever!*” here at the Cameron. This is an exciting, live comedy murder mystery performance set on a cruise of a lifetime featuring three actors in multiple roles. Complete with costumes, props and token prizes, there will be much audience interaction allowing the audience members to become super sleuths searching for the murderer. Experience lots of excitement and fun along the way!



As always, we will have a celebration with Root Beer Floats following the show. A fun time for all! **Please call 978.692.5523 to sign up for this FREE show.** *This program is supported in part by a grant from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.*

AUTUMN CASINO TRIP TO ENCORE!

Tuesday September 24th

As Summer ends and Autumn begins, we will be traveling to **the Encore Casino in Everett** for a fun day! We are **inviting all those ages 50 and over** to join us on Tues., Sept. 24th. MBT Worldwide Coach will be driving us with **departure from the Franco-American Club at 9 am. Please arrive by 8:45 am and park at the rear of the lot. Departure from Encore at 3:30 pm.** The fee for this trip will be \$40 which includes driver gratuity 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!



DINNER WITH DONNA & HUMORIST STORYTELLER

Tuesday, September 24th at 5 pm

We hope to see you for a delicious dinner of vegetarian or meat chili, cornbread, salad and dessert to be followed by a local storyteller, **David Shikes**. David will share stories with a touch of humor, so come prepared to listen and chuckle. Be sure to sign up soon; dinner slots fill quickly. 978.692.5523. **\$10** for dinner and entertainment; \$5 for just the entertainment. **Thank you to the Friends of the Cameron & the Food Pantry for subsidizing the costs for this event.**



A PARTY IN THE PASTURE - WHAT FUN! at Good Pickin' Farm, Gould Road, Westford

Wednesday, October 2nd from 11 am - 2 pm

Come for lunch and so much more! Bring your family, friends and neighbors for an exciting afternoon in a pastoral setting filled with live band music, a great lunch of hamburgers, hotdogs, fruit, dessert & drinks, hayrides, entertainment and dancing! It will be a day for all to enjoy with something for everyone. The Cameron Transportation Program will offer a “party shuttle” from the senior center to Good Pickin’ Farm beginning at 11:30 am and additional shuttles will occur every thirty minutes, with last shuttle leaving Good Pickin’ Farm at 1:30 pm. A **\$5 donation** will help out on this fun event! Please call 978.692.5523 to be included in this unique afternoon happily presented by the Cameron Senior Center.



IT'S TIME FOR TRIVIA A-GO-GO

Friday, October 25 at 1:30 pm

Our infamous Ken presents, “Trivia with a Twist”. There will be special games for extra points, unique team selection and champion prizes. All this for \$3.00. Sure to be a great time! Don't miss the fun; sign up online or by phone 978.692.5523. Many thanks to the Friends of the Cameron for subsidizing this event!



FRIENDS of the CAMERON Annual HARVEST FAIR!

Wednesday, October 23rd 10 am to 3 pm

Plan a fun day with friends and family and support our outside vendors, crafters, artwork, and our own Trudy's boutique! Enjoy a cup of coffee or cider with our tasty baked goods while you browse. Treat yourself or start your holiday shopping. Transportation available. **Save the Date!**



FRIENDS of the CAMERON ANNUAL GIFT CARD FUNDRAISER

The Holidays are fast approaching, and The FRIENDS of the Cameron want to make your gift giving easier. What do you give your adult children or teenage grandchildren that they will appreciate most? ... GIFT CARDS! You pay only the face value of the card while the FRIENDS make money on every card you buy. Order forms will be available in the lobby or ask at the front desk. Orders will be due no later than **Friday, November 8th** for delivery before Thanksgiving and **Friday, December 6th** for Holiday delivery. While you're at it, why not buy cards to your favorite stores and restaurants for your own use during the year?



Director's Column

Dear Cameron Friends,

This September/October newsletter is full of the latest information that our terrific staff, COA and Friends Board and center participants have made possible.



Highlights:

New Liability Waiver for FY25- Please pick up a waiver from our registrar and/or on second floor in the library on the conference table. We ask that you please complete waiver, even if you recently did one for FY'24. If you have any questions, feel free to reach out to me by calling 978-399-2323 or email Jclaro@westfordma.gov. Please turn in completed waivers to our wonderful front desk team.

Please find, at the recommendation of our COA board and with help from our dedicated social service team, that we have included the following social service resources documents for FY'25 in this issue of our COA newsletter: Financial Assistance Resource List (pages 11-12), Westford Affordable Housing Options (page 7) and Property Tax Relief for Qualified Westford Property Owners (pages 13-14).

Friends of Cameron Board and volunteers are busy planning for the **Annual Fall Harvest Fair** fundraiser that we all enjoy. To contribute to the success of this event, please consider donating baked goods, craft items, raffle baskets or volunteering for set up or breakdown.

The Friends of the Cameron, with their valuable membership support, has funded the Cameron programs/services with \$29,400 for FY25. Please note that this does not include the funding for their Emergency Assistance Fund which supports our social service team with many hardship cases involving residents aged fifty-five and over. We also appreciate their assistance to our recent 30th Anniversary celebration and their support to the Health Department for helping subsidize the Dental Assistance Program, Shingle and Flu Vaccine Clinics for older adults.

Party In the Pasture is a special new event this fall, an outdoor lunch with music that was conceived and financially sponsored by a generous Cameron member and Westford resident. We are hopeful to make this an annual event, which will take place at Good Pickin' Farm. For more information, please see this newsletter cover page.

Don't forget to come to **Town Meeting on Monday, October 21, at 7 pm at Westford Academy**. Please call Robert Rafferty at 978-399-2322 if you need a ride. Please remember to provide 48-hours notice.

See you at the Cameron,

Jennifer

P.S. Be sure to check out our **new trip offerings on p. 17!**

Friends Corner



Congratulations to the Council on Aging celebrating 30 years in the Cameron School building this past June. The FRIENDS of the Cameron Senior Center was proud to support the anniversary celebration with decorations and refreshments. Be sure to check out the commemorative poster now framed and displayed in the lobby sitting area.

Also, over the summer, FRIENDS elected new officers. Huge THANKS to Pat Reppucci who served with dedication as President for four years. Pat is staying on the Board as Vice President supporting me as the new President along with Donna Owens, Secretary, Kevin McGuire, Treasurer, and Frances Kosenko, Assistant Treasurer. FRIENDS volunteers work hard to support Westford seniors. *Interested in joining us? We have an open position on the Board we'd love to fill!*



What else is new? FRIENDS has an official logo! We love that the design frames a diverse community, invested in supporting each other - that's the mission of FRIENDS! Watch for our logo going forward.

Did you know YOUR Friends membership is vital to FRIENDS fundraising? Current memberships are **July 1, 2024 - July 1, 2025**. Have you renewed yours? Last year we had 350+ members- *help us exceed that this year!* Ask your family members to become a FRIEND! Find the Membership Form in this issue on **page 15**.

Please support two fall fundraising opportunities. **Gift cards** will be on sale once again. FRIENDS receives a small profit on each card sold; cards are available for stores you use regularly or can be purchased as gifts for the holidays ahead. Also- **SAVE the DATE:** Our **Annual Harvest Fair** is **Wednesday, October 23rd**. See you there! See page 1 of this newsletter for details on both of these Friends events!

Lynne Stader, President

Find us on Facebook: [Friends of the Cameron Senior Center](https://www.facebook.com/FriendsOfTheCameronSeniorCenter)

PAINT AND SIP**Wednesday, September 18th at 10am**

A Spring Tree Painting Class. In this class taught by Claire Gagnon, students paint with a brush or the palette knife. Each student paints their own version of the spring tree, while following the steps under Claire's guidance. She will walk you through the steps one by one. This is a class to relax, socialize, and have fun with your friends. All levels are welcome. No prior experience needed. All supplies will be provided. Claire taught the watercolor class in May and June at the Cameron Senior Center and students really enjoyed the class. While you are painting enjoy a nice refreshing flavored Iced Tea from **Fresh Ayer Nutrition**. The cost will be \$10. Class size is limited so please sign up at 978.692.5523.

**NEW****LUNCH AND LEARN SEPTEMBER****Cyber Scams and How to Protect Yourself****Friday, September 27th at 12:00 pm**

Learn about the Cyber Scams and Ann Westerheim from Ekaru will teach us about cyber scams and how to protect yourself from them. **Lunch provided by The Residence at Bedford. Sign up at 978.692.5523**

LUNCH AND LEARN OCTOBER**Westford Special Needs Emergency Registry****The Cognitive Alert Registry****Wednesday, October 16th at 12:00 pm**

Join the Westford Health Department and the Westford Police Department as they discuss two important Registries. The Westford Health Department will present the **Special Needs Emergency Registry** for residents of all ages who live at home and who have special cognitive, developmental, mental health, sensory and mobility disabilities, chronic conditions and other special healthcare needs. The Westford PD will discuss **The Cognitive Alert Registry**. Many of you may have heard about Zayan Mayanja, the six-year-old Westford resident who tragically drowned in Nabnasset Lake in late June. Westford Remembers, Inc. has made a generous donation in Zayan Mayanja's memory of Apple AirTags to assist with the Police Department's Cognitive Alert Registration Program. These devices can be provided to families of people living with autism or dementia, to assist with locating someone who may wander and be at risk. The AirTag devices will be managed and distributed via the Westford Police Department and Westford's Council on Aging Outreach and Social Services program. The Westford Police Department will begin to contact current members of their Cognitive Alert Registration Program to inquire if they are interested in obtaining an AirTag for their loved one, and if their loved one qualifies for an AirTag, as part of the program. The Westford Police Department continues to encourage anyone with a family member with a cognitive condition to sign up for the Cognitive Alert Registration Program and note on the form if an AirTag is requested or if they believe an AirTag would benefit their family member. Please call Alison, Jen, or Annette with questions about the program. **Lunch provided by Bridges by Epoch at Westford. Sign up at 978.692.5523**

THANK YOU!

Special thank you to the following for their special donations to the Billiard Room and our 2024 championship players:

Billiard clock donated by Jim Crowen, Individual billiard players photos and frames provided by Mike Priest and chairs given by Chris Topjian.



We adore our billiard players and are immensely proud of their success in competitive league, companionship, and welcoming sport environment they off for all to enjoy.

TRAVEL PRESENTATION**Thursday, October 3rd at 10:30am**

Join Collete Travel as they discuss future tours for 2025 and 2026. We are excited to learn more about our trip to Costa Rica, Spotighting Northern Italy, and California Dreamin'. Please sign up at 978.692.5523.

NEW**HOLIDAY FOOD ASSISTANCE**

The Cameron Senior Center is partnering with the Westford Food Pantry & St. Catherine St. Vincent de Paul Society for the Westford Holiday Assistance Program. This program serves Westford families and individuals who would like to cook a

Thanksgiving or Christmas meal and are facing a financial hardship. **If you need assistance this holiday season, please contact Alison Christopher, L.I.C.S.W. Town Social Worker at 978.399.2325 before October 15. If you are interested in donating to the program, please contact Karen Heitkamp at kheitkamp@westfordma.gov**

WOULD YOU LIKE TO HELP?**SHARE THE WARMTH**

Share the Warmth is a charitable project offering scarves, cowls, mittens, gloves, fingerless mitts and socks to those in need. These will be distributed in late Fall. Any donation of store bought or handmade items from the above list would be gratefully appreciated. There will be a collection box at the Cameron Center, starting in September if you wish to contribute. Thank you for your consideration. Thanks to Cameron Knitting Group and Friends of the Cameron Senior Center for their support.

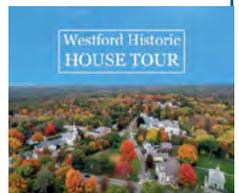
**MEMORY CAFÉ****Tuesday, October 1st 10:30am -12pm**

A Memory Café is for people who struggle with memory loss and their loved ones or caregivers. This Memory Café's activity is painting sculptures. Light refreshments will be served. Thank you AgeSpan for facilitating and sponsoring this lovely event. RSVP at 978.692.5523.

THE WESTFORD HISTORIC HOUSE TOUR**Saturday, September 28th**

The Westford Historic House Tour needs docents. The tour is **looking for volunteers to serve as docents** from 10 am - 1 pm or 1 pm - 4 pm.

Perhaps you and a friend would like to be docents together. Docents must be able to climb stairs and stand to greet ticket holders. As a token of appreciation, each docent may request a complimentary ticket for the tour which is worth \$50. If interested, please sign up online at: <https://www.signupgenius.com/go/60B0445AFAD28A6FB6-50293659-historic>. If you have questions, please email Joan Bennett at jbenett48@yahoo.com.

**ACORN TO OAKS****Wednesday, September 18th and October 16th at 10:00 am**

We are collaborating on a program with the Roudenbush in which seniors read to the students at the Frost school. Please contact Katie at 978.399.2330 or at krus-sell@westfordma.gov with any questions.



Health and Wellness Offerings—Fitness Classes

LATIN DANCE CLASS

Mondays at 10am starting September 9th

Instructor: Martha Tonkovic



If you feel passion for Latin Dance, come and learn easy steps of: Cumbia, Salsa, and Merengue. This class will take place September – November each month you will learn a new dance. The **cost is \$5** per class. Pay directly to the instructor. Class size is limited. Sign up at 978.692.5523.

ZUMBA CLASS with CAROL WING

Tuesdays—September 3rd — October 29th

Thursdays September 5th — October 31st

Class Starts at 9:15 am



For safety reasons and the courtesy of other class members, late attendance will not be accepted. If you are more than 10 minutes late, you will be asked to not participate in that day's class. **Cost:** Westford residents for 8 weeks for one day a week is **\$24** and for both Tuesday and Thursday classes the cost is **\$48**. Non-resident's cost \$5 per class. Sign up at 978.692.5523.

CHAIR MOVEMENT with CAROL WING

Tuesdays—September 3rd — October 29th

Thursdays September 5th — October 31st

Class Starts at 10:15 am



For safety reasons and the courtesy of other class members late attendance will not be accepted. If you are more than 10 minutes late, you will be asked to not participate in that day's class. **Cost:** Westford residents for 8 weeks for one day a week is **\$24** and for both Tuesday and Thursday classes the cost is **\$48**. Non-resident's cost \$5 per class. Sign up at 978.692.5523

MINDFUL MOVEMENT

Tuesdays—September 3rd - October 29th

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

10 am -11 am: Advanced - Class Instructor: Stan Fall

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—September 3rd - October 29th

6:00 pm -7:00 pm

Instructor: Stan Fall of Cultivating Qi YangTao™

Tai Chi & Qigong offer gentle meditative movement to help move blood and oxygen around the body, nourishing the organs and tissues. This strengthens the immune system and enhances the body's natural ability to heal itself. In addition, due to the in-the-moment-connection of the mind to the breath, YangTao™ Tai Chi & Qigong help to calm the mind. The class is designed to be low key and fun for people of all levels. Come join us to learn these mindful movements and to connect with like-minded people. **Cost for the class is \$40 for the 8 weeks.** 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. ***First Tuesday session of each month starts at 11:45 am, not 12:45 pm. 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 & Thursdays at 10 am

8 wks beginning Tues, Sept 10th – Thurs, Oct 31st

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 Sept. 11th – October 30th

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 September 16th – November 4th. No Class Oct 14th

Join Meghan Kwartler from Well Being Fitness and Yoga for Gentle Flow Yoga. Experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. **Class fee:** Westford residents- **\$48** and non-residents- **\$54**. Please note that the class fee has increased due to vendor increase in price.



INTERMEDIATE YOGA

Wednesdays at 11am

7 weeks starting September 11th – October 30th. No Class October 9th

Join Meghan Kwartler from Well Being Fitness and Yoga. Class size is limited. Please call to sign up at 978.692.5523. **Class fee:** Westford residents- **\$48** and non-residents- **\$54**. Please note that the class fee has increased due to a vender 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

WESTFORD COMMUNITY FLU CLINICS

Oct. 9 Millennium 65 & older Senior Clinic from 12:00-4:00 pm

Oct. 17 Westford Academy Cafeteria from 4:00 pm to 8:00 pm

Oct 24 Westford Academy Cafeteria from 4:00 pm to 8:00 pm Please call for more information 978.692.5523

HEARING SCREENING

Mondays, September 9th and October 21st 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

Tuesday, September 10th 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.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?

Mondays, September 9th, October 21st and 28th 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.

Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?

October 29th at 5:00 pm

For those new to Medicare, this is the #1 question most people have when seeking additional insurance. However, even if you are already on a plan, it's always a good idea to reevaluate your choices each year. Circumstances change, and so can your health plan. You will leave with a clear understanding of which type of plan best fits your needs. Topics: What's Original Medicare, Differences between Medicare Supplement and Medicare Advantage Plans, Is Prescription Drug Coverage Necessary? Please sign up for this free program by calling 978-692-5523.

FREE HEALTH SERIES—3rd Tuesday of the Month

Tuesdays, September 17 and October 15 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 September, **Michelle Taranto of A Place At Home** will be here. Choosing between in-home care and assisted living or memory care can be a tough and overwhelming decision, whether it's for yourself or a loved one. Join us as we discuss the pros and cons of each, and the things to consider as you explore your options. In October, **Dr. Ken Cerreto, owner, and lead acupuncturist of Great Wave Acupuncture & Wellness at Circle Health Westford**, will present at Cameron. 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. Call 978.692.5523 to participate in either program.

DOWNSIZING PRESENTATION - October 22nd at 5 pm

Downsizing help: Is your home too big or too expensive to maintain? Have you been wondering whether now is a good time to downsize? Come to this talk and let the presenters share information to help you decide. They are a Realtor, a Financial Planner, and an Estate Planning Attorney, and they are getting together to help you get informed. Snacks and professional advice will be provided. Please call 978-692-5523 to sign up.

AGING ALONE: A SEXUAL WELLNESS PERSPECTIVE

Wednesday, October 9th at 2pm

Loneliness and isolation, as described by Surgeon General Vivek Murthy, are in need of the same investments we have made in addressing fitness and other public health crises. But why has this not been the case to date? Aging alone can be a daunting and complex state yet we can do something about it. This lively and joyful workshop will include the multidimensionality of social isolation, the biopsychosocial impacts, and recommendations and resources. Join **Dr. Jane Fleishman**, a sexuality educator focusing on the sexual wellbeing of older adults as we delve into this important topic. Call the front desk to sign up at 978.692.5523

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 am in the order of arrival in lobby seating area. Once you receive a number, you may sign up between 12 -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. ***Distribution will be held on Wednesday & Thurs. of the first week of Sept. due to the holiday on Mon. Sept. 1 and COA Program Registration on Tues. Sept. 3.**

WESTFORD FOOD PANTRY

The Westford Food Pantry, located on the first floor of the Cameron, is open **Wednesdays from 6-8 pm and Fridays from 9-11 am** www.westfordfoodpantry.org The Westford Food Pantry has a tremendous variety of fresh, frozen and non-perishable food, as well as some personal hygiene items.



SNAP- Supplemental Nutrition Assistance Program

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

Gaining Grounds of Concord is offering their organic produce to all Westford residents that meet income guidelines: Fuel assistance gross income criteria. To participate, one must sign an income attestation at produce pick up. The distribution will be held at the WHA at 65 Tadmuck Rd in the community center parking lot. Numbers are passed out at 1 pm. The vegetables will be distributed at 1:15 pm. Call Annette 978.399.2326.

Social Services and Outreach News

OUTREACH

We are fortunate to have a medical equipment loaner program for our residents. As of July 1st, folks must sign a release to borrow any equipment. Your signature indicates that you are aware that you are borrowing a used item that has no warranty and you assume all potential risk resulting from use of the equipment. Our inventory changes daily as items come in and others go out. At any time, we may have walkers, tub seats, tub benches, canes, wheelchairs, rollators and other miscellaneous items. If you are in need, please call the Outreach office at 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 **2nd and 4th 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

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. September they will return from their summer break. The group will meet at Cameron on the 4th Tuesday of each month from 6-7PM. Please call Lisa before attending your first meeting at 978-808-4246.

FALL YARD CLEANUP- SIGN UP BY FRI. Sept. 27th

With autumn around the corner, it is time for us to start thinking about fall yard cleanups. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.* We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list by **Friday, Sept. 27th**. Please also note that many of the volunteer groups may not be able to get the work done until mid-November. Any questions, feel free to contact Outreach at 978.399.2326.



BOOK CLUB Tuesdays, Sept. 17 & October 15 at 2:00 pm



Are you a reader who likes to talk about books? Join us in September to discuss a mystery, *The Secret Life of CeeCee Wilkes* by Diane Chamberlain. In October, we will read the Pulitzer Prize winning fiction, *Empire Falls* by Richard Russo. 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

Community Resources

ASK THE FIRE PREVENTION OFFICER

Thursdays September 12th and October 10th 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 September 19th and October 17th 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, Sept.10th and October 8th 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 to sign-up for a one-on-one appointment with **Terry Stader**, Westford's retired veteran's agent and Westford resident.

VETERANS SERVICES

Westford Veterans Services 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, Sept. 9th and October 21st at 11:00 am in the welcome area
Call 978.692.5523 to schedule an appointment.



Recent Hike with Mike—Stone Arch Bridge

Social Services and Outreach News (continued)

Housing & Independent Living Resources

FINANCIAL ASSISTANCE FOR WESTFORD RESIDENTS

Our Social Services and Outreach staff have compiled a list of available resources that may help you save money this year! The list of resources is available on **pages 11 and 12** of this newsletter.

PROPERTY TAX EXEMPTION PRESENTATION – 9/17 at 2 pm

The staff from the Assessor’s office will be here at the Cameron to discuss Westford’s property tax exemptions for senior residents: the low income, blind, disabled, veterans and more. Come learn if you are eligible to apply for a tax break. Please call to sign up at 978-692-5523.

CAN YOU QUALIFY FOR SAVINGS IN FY 2025?

PROPERTY TAX RELIEF FOR QUALIFIED WESTFORD PROPERTY OWNERS

Our Social Services and Outreach staff have summarized a list of available resources that may reduce your property taxes this year! The list of resources is available on **pages 13 and 14** of this newsletter. Consider applying for all programs close to your income and asset range.

LIHEAP

Tis the season to begin thinking about heating bills! If you are concerned about your ability to pay for heat this winter, consider applying for this federal fuel assistance benefit. The Massachusetts’ home energy assistance program (LIHEAP) is a free resource, offered by Community Teamwork in partnership with the Department of Housing and Community Development, to help eligible households pay a portion of winter heating bills. No matter what type of heating source you have, LIHEAP may be able to help you pay your winter heating bills. All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance. You can apply directly through the Community Teamwork website or through Alison, Annette, and Jen B. at the senior center.

Income Eligibility: Household income (gross) cannot exceed 60% of Massachusetts’ estimated State Median Income. The income limits can be found on the Community Teamwork website at <https://www.commteam.org/program/low-income-home-energy-assistance-liheap/>

AFFORDABLE HOUSING

Housing costs are a challenging issue currently, so we have listed existing affordable Westford housing options on the right side of this page of the newsletter this month. There are a few new complexes being built in the area that will offer additional affordable housing. These can be found on the Chelmsford Housing Authority website. Please see News and Upcoming Events at <http://www.chelmsfordha.com/> for lottery information about these new buildings in Westford and surrounding communities.

Income Limits for Westford Area as of 2024

(From Lowell Area Income Limits)

HH Size		1 Person	2 Person	3 Person	4 Person
2024	30%	28,900	33,000	37,150	41,250
2024	50%	48,150	55,000	61,900	68,750
2024	80%	68,500	78,250	88,050	97,800

WESTFORD SOCIAL SERVICES- AFFORDABLE HOUSING OPTIONS-2024

This information is relevant for anyone who is even **considering** a move to an affordable apartment in the **next 5 years**. The waiting lists are often years long for these buildings and it is better to complete an application sooner than later. We hope that this helps folks on fixed incomes to avoid stressful housing searches later.

AFFORDABLE APARTMENT / ADDRESS	INCOME LIMIT	HOW TO APPLY
CHOICE / 273 CARLISLE RD	N/A	VETS ONLY-CHA*
65 TADMUCK RD / 65 TADMUCK RD	80%AMI	WHA-978-692-6011
7 CROSS / CHURCH/ 7 CROSS/CHURCH	80%AMI	WHA-978-692-6011
MYSTERY SPRINGS / 67 TADMUCK RD	50%AMI	CHA-978-256-7425
PRINCETON WESTFORD / 500 PRINCETON WAY	50%AMI	Princeton Westford / Call 978-692-8020
AVALON ACTON 1 and 2 / 1000 AVALON DR ACTON Part of complex in Westford	50%AMI / 80%AMI	Avalon Acton / Call 978-263-3400
STONY BROOK I / FARMERS WAY	VARIOUS	Peabody Properties / Call 978-496-1636
STONY BROOK II / 7 COAKLEY CIRCLE	VARIOUS	Peabody Properties / Call 978-496-1636
ABBOT MILL / 1 PLEASANT ST	50%AMI / 80%AMI	Abbot Mill / Call 978-692-6000
BELL-VALLEY / 1 TECH VALLEY DRIVE	80%AMI	Bell Westford Call 978-355-1119
BELL-HILLS / 1 WESTFORD HILLS RD	50%AMI	Bell Westford Call 978-355-1119
ROBERTA MCGUIRE / 2 BALSAM CIRCLE	50%AMI	CHA-978-256-7425
HELENA CROCKER / 60 LITTLETON RD	30%AMI / 60%AMI	CHA-978-256-7425

*WHA is Westford Housing Authority, CHA is Chelmsford Housing Authority

*See Income limits on left side of this page*Westford Housing Authority prioritizes Veterans, Westford residents, and Emergency/Homeless applicants. Chelmsford Housing Authority prioritizes homeless applicants. Abbot Mill will give preference to Westford residents when all other factors are equal.

*Most complexes will notify you when you are at the top of the list, so keep your contact information up to date with them. Abbot Mill notifies their whole list when an affordable unit is available, and the first person to make a deposit and qualify is housed.

*Westford Housing Authority (978-692-6011) and Westford COA Social Workers have more detailed information. We can also help with referrals and applications as needed. Please call the Senior Center at 978-692-5523.

Dining Options

GAME NIGHT *

Tuesday, October 1st at 4:30 pm

We will not have game night in September due to the Kiwanis cookout. In October, please join us for an early evening of fun and laughter playing *Mexican Train*, a simple dominoes game. **The cost is \$4.00** for refreshments and light meal. Please sign up in advance for planning purposes. 978.692.5523.

WOMEN'S BREAKFAST*

Wednesday, September 11th, at 9 am Joe Ponti will tell the "Tea Story" which is a brief look at the 5000 year history of tea from its origin in China to how it is grown, produced, and how it became the second most popular beverage in the world after water. **The cost is \$5.**

MAKE & TAKE WOMEN'S LUNCH*

Wednesday, October 9th at 12 pm

What can you make with a roll of toilet paper? A fun fall fabric pumpkin! Enjoy a lunch of soup and with your friends, and make your own NO-SEW fabric pumpkin to decorate your home. Supplies are limited so advance registration is required. Call 978-692-5523 to sign up. **Cost for Lunch is \$5.**

All supplies provided by FRIENDS of the Cameron.



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!

Monday, September 9 at 8 am

Have some laughs and maybe learn a few facts—Trivia with **Ken Clough.**

Monday, October 7th at 8 am

Join **Joe Ponti** and "The Big Gun Club" trace the hundred plus year history of battleships from the *MONITOR* to the *MISSOURI*. If you have any suggestions for upcoming speakers, please speak with Ken Hyle. Suggested donation is **\$5.00** please sign up at 978.692.5523.

MOVIE SHOWINGS *

SHOWINGS NOW 2ND TUESDAY of the MONTH

Tuesdays, September 10th and October 8th at 5 pm

Join us in September for the well-received biological drama, *A Beautiful Day in the Neighborhood*, *Mr. Rogers* and in October for the comedy / drama, *The Holdovers*, starring Paul Giamatti. **Just \$5.00** for a movie, popcorn, refreshments, and a light meal. Please call to sign up at least 3 days prior at 978.692.5523.

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

BIRTHDAY CELEBRATIONS

Wednesday, Sept.18 at 12 pm—Cheese Lasagna w/ Meatballs

Friday, October 11 at 12 pm—Chicken Picata

Enjoy a birthday dessert after lunch as we celebrate our birthday celebrants with a robust round of singing. **Cost: \$5** and Birthday celebrant lunch is free. To register please call 978.692.5523. Lunch will be prepared by the students of Nashoba Tech. Culinary Arts Program, *The Elegant Chef*.



FISCO & DIWALI LUNCH

Wednesday, November 6th at 11:30 am



The Cameron has partnered with FISCO (Friends of Indian Senior Citizens Org.), a social work organization that aims to provide companionship, connections and compassion to Indian seniors. Starting in November, FISCO will organize a weekly program (Wednesday 11:30 am - 2 pm) for Indian seniors, providing a friendly environment for social interaction along with meditation and educational sessions; followed by a hot Indian vegetarian meal (suggested donation \$2) We would like to invite you to join us for the grand launch along with a Diwali celebration on November 6th from 11:30 - 2 pm. A free lunch will be served to all attending. Please sign up at 978.692.5523 before October 31.

HALLOWEEN PARTY AT THE CAMERON

Wednesday, October 30th at 12 pm

Sign up for one spooky lunch sponsored by Rivercourt Residence as we turn the Cameron into a haunted house. Costumes are a must! Enjoy the Disney Movie *Hocus Pocus*. Sign up at 978.692.5523.



RESTAURANT REVIEW

Wednesdays, Sept. 25 and Oct. 23 at 11:30 am and 12:30 pm

Due to the popularity of this program, and the increase in number of people signing up, we will be splitting this program into two time shifts, **11:30 am** and **12:30 pm** arrival times. The restaurants prefer this arrangement, so that they can best accommodate everyone. In September, we will go to **Tequila's Mexican Cantina** at 765 Boston Rd, Groton. In October, we will go to **Princeton Station** at 147 Princeton Street, Chelmsford. Please pre-register at 978.692.5523, select a time slot, and please honor that time so as not to overwhelm the restaurant. Van riders will be assigned to the 11:30 slot. If you decide not to go, please call us to cancel. Bon Appétit.



HAM & BEAN SUPPER

Saturday, November 16, at 5 pm at the Franco

The Annual Ham and Bean Supper, sponsored by the Westford Firefighters Association, American Legion Post 159 and the Franco American Club, will be held **at the Franco-American Club**. There is **no charge** for dinner, but we encourage you to **bring an item for the Westford Food Pantry**. Please register at 978.692.5523 or sign up online.

JIM GERAGHTY'S FAMILY AND FRIENDS 27TH ANNUAL THANKSGIVING DINNER FOR WESTFORD SENIORS

Sunday, Nov. 24, at Westford Academy

A traditional Thanksgiving dinner will be prepared at Westford Academy, and it will be available as a sit-down dinner. The menu includes turkey and dressing, gravy, sweet potatoes, corn, pies, and more. **BINGO will be played from 10 am - 12 noon, with dinner served at 12:00.** To make a reservation call the Cameron at 978.692.5523 or sign up online.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Center Closed For Labor Day</p> 	<p>3</p> <p>7:30 Golf at Quail Ridge 9:00 Mindful Movement 9:00 Sewing / Quilting 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:15 Chair Movement 10:30 Spanish Class 11:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 6:00 Tai Chi / Qigong 6:00 Kiwanis Cookout</p>	<p>4</p> <p>8:00 Billiards 9:30 Bone Builders 1:00 Whole Foods / TJs 1:30 Knitting Group 6:00 Food Pantry</p>	<p>5</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 10:30 Spanish Class 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods / TJs 1:00 Gaining Grounds—WHA</p>	<p>6</p> <p>8:00 Billiards 9:00 Music Makers 9:00 Food Pantry 9:30 Ping Pong 9:30 Hampton Beach Van Trip 10:00 Sewing / Quilting</p>
<p>9</p> <p>8:00 Billiards 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Latin Dance 11:00 Ask the Realtor 12:00 BINGO 12:30 SHINE 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>10</p> <p>7:30 Golf at Quail Ridge 9:00 Mindful Movement 9:00 Blood Pressure 9:00 Sewing / Quilting 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Vet to Vet 11:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 5:00 Movie Night 6:00 Tai Chi / Qigong</p>	<p>11</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:00 Women's Breakfast 9:30 Bone Builders 11:00 Intermediate Yoga 1:00 Beginners / Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>12</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Ask Fire Prev. Officer 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs 1:00 Gaining Grounds—WHA 2:30 Grief Support</p>	<p>13</p> <p>8:00 Billiards 9:00 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 BINGO</p>
<p>16</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Latin Dance 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>17</p> <p>7:30 Golf at Quail Ridge 9:00 Mindful Movement 9:00 Sewing / Quilting 9:15 ZUMBA 9:30 Ask the Lawyer 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 2:00 Book Club 2:00 Property Tax Presentation 4:30 Health Series 6:00 Tai Chi / Qigong 7:30 Radio Club (PART)</p>	<p>18</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Acorn to Oaks 10:00 Paint and Sip 11:00 Intermediate Yoga 12:00 Birthday Lunch 1:00 Beginners / Inter Ping Pong 1:30 Knitting Group 4:00 COA Board Meeting 6:00 Food Pantry</p>	<p>19</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Friends Board Meeting 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs 1:00 Gaining Grounds—WHA 1:30 Sit w/ State Sen. Staff</p>	<p>20</p> <p>8:00 Billiards 9:00 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 1:00 Delvena Theatre Show</p> <p>SIGN UP FOR FALL CLEAN UP DEADLINE IS SEPTEMBER 27</p>
<p>23</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Latin Dance 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods / TJs 2:00 Ping Pong 6:30 Westford Women's Club 7:00 Toastmasters</p>	<p>24</p> <p>7:30 Golf at Quail Ridge 8:45 Casino Trip to Encore 9:00 Mindful Movement 9:00 Sewing / Quilting 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 5:00 Dinner with Donna 6:00 Tai Chi / Qigong 6:00 Dementia Caregivers Support</p>	<p>25</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 Restaurant Review 1:00 Beginners / Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>26</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs 1:00 Gaining Grounds—WHA 2:30 Grief Support</p>	<p>27</p> <p>8:00 Billiards 8:30 Essex Steam Train Trip 9:00 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Lunch and Learn</p>
<p>30</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Latin Dance 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<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 , Tuesdays 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</p>			<p>September 2024</p> <p>SEPTEMBER is National Senior Center Month!</p> 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">October 2024</p>	<p>1</p> <p>7:30 Golf at Quail Ridge 9:00 Mindful Movement 9:00 Sewing / Quilting 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 10:30 Memory Cafe 11:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:30 Game Night 6:00 Tai Chi / Qigong</p>	<p>2</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Party in the Pasture at Good Pickin' Farm 11:00 Intermediate Yoga 1:00 Beginners/ Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>3</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 10:30 Travel Presentation 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs 1:00 Gaining Grounds—WHA</p>	<p>4</p> <p>8:00 Billiards 9:00 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 Parlee Farm Van Trip</p>
	<p>7</p> <p>8:00 Billiards 8:00 Men's Breakfast 9:30 Bone Builders 10:00 Latin Dance 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>8</p> <p>7:30 Golf at Quail Ridge 9:00 Mindful Movement 9:00 Sewing / Quilting 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Vet to Vet 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 5:00 Movie Night 6:00 Tai Chi / Qigong</p>	<p>9</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 12:00 Women's Lunch 1:00 Beginners/ Inter Ping Pong 1:30 Knitting Group 2:00 Aging Alone—Dr. Jane 6:00 Food Pantry</p>	<p>10</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Ask Fire Prev. Officer 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs 1:00 Gaining Grounds—WHA 2:30 Grief Support</p>
<p>14</p> <p style="text-align: center;">Center Closed for Indigenous Peoples' Day</p> 	<p>15</p> <p>7:30 Golf at Quail Ridge 9:00 Mindful Movement 9:00 Sewing / Quilting 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 2:00 Book Club 4:30 Health Series 6:00 Tai Chi / Qigong 7:30 Radio Club (PART)</p>	<p>16</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Acorn to Oaks 11:00 Intermediate Yoga 12:00 Lunch and Learn 1:00 Beginners/ Inter Ping Pong 1:30 Knitting Group 4:00 COA Board Meeting 6:00 Food Pantry</p>	<p>17</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:00 Friends Board Meeting 10:15 Chair Movement 10:30 Spanish Class 12:30 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs 1:00 Gaining Grounds—WHA 1:30 Sit w/ State Sen. Staff</p>	<p>18</p> <p>8:00 Billiards 9:00 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 BINGO</p>
<p>21</p> <p>8:00 Billiards 9:30 Bone Builders 9:30 Hearing Screening 10:00 Latin Dance 11:00 Ask the Realtor 12:00 Gentle Yoga 12:00 BINGO 12:30 SHINE 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters 7:00 Westford Town Mtg at WA</p>	<p>22</p> <p>7:30 Golf at Quail Ridge 9:00 Mindful Movement 9:00 Sewing / Quilting 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 5:00 Downsizing Presentation 6:00 Tai Chi / Qigong 6:00 Dementia Caregivers Support</p>	<p>23</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 Restaurant Review 1:00 Beginners/ Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p> <p style="text-align: center;">ANNUAL FRIENDS HARVEST FAIR 10 AM—3 PM</p>	<p>24</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 10:00 Well Being Fitness 10:30 Spanish Class 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 1:00 Gaining Grounds—WHA 2:30 Grief Support</p>	<p>25</p> <p>8:00 Billiards 9:00 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 1:30 Trivia—a -Go-Go</p>
<p>28</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Latin Dance 12:00 Gentle Yoga 12:00 BINGO 12:30 SHINE 1:00 Whole Foods/TJs 2:00 Ping Pong 6:30 Westford Women's Club 7:00 Toastmasters</p>	<p>29</p> <p>7:30 Golf at Quail Ridge 9:00 Mindful Movement 9:00 Sewing / Quilting 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 5:00 Medicare Plans 6:00 Tai Chi / Qigong</p>	<p>30</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 12:00 Halloween Party 1:00 Beginners/ Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>31</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:30 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs 1:00 Gaining Grounds—WHA</p>	

Financial Assistance for Westford Residents

Agency Name	Service Provided	Population served	Contact
COA/Town Social Work/Outreach	Confidential assessments and referrals for emergency financial assistance from Friends of Cameron, Westford Remembers, Whitney-Herrick, SVdP charities, and any available Town of Westford programs.	All adult Westford residents	978-692-5523 Ask for Social Work or Outreach and we will schedule a phone call, in person appointment, or home visit
St. Vincent de Paul of Blessed Trinity	Prospective clients must call directly and leave a voicemail. All communication is treated confidentially. They serve those who have experienced difficulty due to illness, unemployment or other unexpected challenges. The SVdP conference volunteers provide a broad range of financial and other needed services. https://www.blessedtrinitycatholic.org/svdp	All Westford residents You do not need to be a parishioner of Blessed Trinity Parish or Catholic to receive services.	978-320-4214 Leave voicemail with your name and number and a team member will call to schedule a meeting.
Westford Food Pantry	Westford food pantry uses space at the Cameron Senior Center to serve any resident of Westford or the surrounding area experiencing food insecurity. Westford residents can shop weekly for a variety of fresh produce, perishable proteins and non-perishables, as well as sundries and paper products. Westfordfoodpantry.org	All Westford residents experiencing food insecurity. No income requirements.	20 Pleasant St. Wednesday 6-8PM and Friday 9-11AM 978-692-5523
Gaining Grounds Organic Vegetable Distribution	Weekly during the farming season, free organic produce is provided to any Westford resident who meets the LIHEAP (heating assistance) income limits. This is coordinated through the Cameron Senior Center outreach and volunteers and occurs at 65 Tadmuck Rd. Community Building on Thursdays at 1PM.	All Westford residents who meet LIHEAP income limits	Annette Cerullo Cameron Senior Center 978-399-2326
Westford Housing Authority	Receives applications for subsidized senior, disabled, and family housing. Also receives applications and reviews candidates for WRAP (Westford Rental Assistance Program) which provides a monthly subsidy to landlords for five households who fall below 50% of the Area Median income and do not have subsidized housing already. They also review applications and award WERAP (Westford Emergency Rental Assistance Program) funds to renters at risk of eviction who have already accessed RAFT.	All Westford residents who meet income criteria for Housing Authority programs	WHA 65 Tadmuck Rd. 978-692-6011

Financial Assistance for Westford Residents

Community Teamwork Inc	Regional Multiservice Agency that covers Westford residents for assistance with LIHEAP (winter heating assistance), Housing and Homelessness programs-including Emergency Rental Assistance (RAFT), Budgeting and Financial Education programs. https://www.commteam.org/	Any Westford resident in need of assistance	CTI Resource Center 17 Kirk St. Lowell 978-459-0551
Department of Transitional Assistance	Provides eligible individuals and families with SNAP (Food assistance), and eligible families with children with TAFDC (cash assistance). They also take applications for Emergency Assistance for Elderly and Disabled for very low-income clients. All applications can also be accessed online or the DTAconnect app and you can receive help through Westford Social Services with applications. https://www.mass.gov/locations/dta-lowell-transitional-assistance-office	Any resident that meets their income/asset criteria.	DTA 131 Davidson St. Lowell (877) 382-2363
Whole foods/Trader Joes food distribution	Volunteers provide perishable foods donated by Whole Foods and Trader Joe's to seniors at Cameron Senior Center on Mondays and Thursdays	Anyone age 55+ and younger adults with a social service referral	Cameron Senior Center 20 Pleasant St. 978-692-5523 Monday & Thurs. at 1pm
Westford Holiday Assistance Program	Collaboration between Westford Food Pantry, Cameron Senior Center, and St. Vincent de Paul provides qualifying adults with holiday gift cards for food and qualifying families with children under 18 with gift cards for food and gifts for kids.	Westford residents who participate in low-income benefit programs or live in subsidized senior or family housing, or are approved through SVdP or Town Social Worker.	Call Town Social Worker, Alison Christopher at 978-399-2325 by October 10 th
Council on Aging Transportation Service	Low cost/donation-based transportation program for medical appointments, food shopping, errands, and other needs in Westford and all contiguous towns except Tyngsborough.	Westford residents age 55+ or disabled or referred by social services with transportation/financial hardship.	Call Dispatch Coord. Bob Rafferty at 978-399-2322 at least 48 business hours in advance of ride.
Dental Grant through Westford Health Department	Financial assistance for basic dental care and fillings through local dentist for eligible seniors age 60+.	Westford residents age 60+ without dental insurance who need assistance with minor dental work.	Call Town Social Worker at 978-399-2325 for application.
Westford Veterans Services Department	Advises residents as to the availability of federal and state services and benefits to which they are entitled. In addition, the department provides financial assistance to qualifying veterans, surviving spouses and their dependents. Assists veterans in applying for federal VA benefits, such as service-connected compensations, non-service-connected disability pensions, medical benefits, home loans, educational benefits, death, and burial benefits, as well as pension benefits for those veterans in assisted living or are housebound.	Westford residents of any age who are Veterans.	Call Veteran's Services at 978-392-1170.

Can YOU Qualify for Savings in FY 2025?**PROPERTY TAX RELIEF FOR QUALIFIED WESTFORD PROPERTY OWNERS**

Consider applying for all programs close to your income and asset range.

PROGRAM	INCOME LIMIT	ASSET LIMIT	BENEFIT	REQUIREMENTS	CONTACT
ELDERLY, SURVIVING SPOUSE OR MINOR Clause 17D	None	\$80,500	\$700	Birth Certificate (1 st Year) Death Cert. (1 st year) Proof of Assets	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
ELDERLY or DISABLED 69 or younger Clause 41C	Single: \$37,000 Married: \$50,800	Single: \$67,100 Married: \$92,300	\$2,000	Birth Certificate (1 st Year) MA resident for 10+ years Federal Income Tax Return Proof of Assets, Proof of SS Disability	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
TREAD: Tax Relief for the Elderly and Disabled	None*	None*	Varies* (Est. \$500 - \$1,000)	Demonstrated Need	Cameron Senior Center 978-692-5523 May 1 – Aug. 1, yearly
	*TREAD Committee determines awards in Dec. based on need and available funds donated.				
REAL ESTATE TAX DEFERRAL Clause 41A (if approved, a 0% interest lien is recorded)	Single: \$64,000 Married: \$96,000	None	Defer partial or total taxes until death or property sale	MA resident for 10+ years Limit: Up to 50% of assessed value Birth Certificate (1 st year) Federal Income Tax Return Mortgage Information, as they need to give Permission for deferral	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
MA - SENIOR CIRCUIT BREAKER TAX CREDIT	Single: \$ 69,000 Head of H: 86,000 Joint: \$103,000	Max home assessed value: \$1,025,000	Credit Up to \$2,590	MA Tax Return, Schedule CB	Search for Circuit Breaker on: www.mass.gov/dor/
MEANS TESTED New 3-year pilot	Single: \$50,700 Joint: \$76,200	Single: \$129,800 Married: \$178,500	Varies	Birth Certificate MA/Fed tax return Proof of Circuit Breaker Credit	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly

Can YOU Qualify for Savings in FY 2025?

PROPERTY TAX RELIEF FOR QUALIFIED WESTFORD PROPERTY OWNERS

Consider applying for all programs close to your income and asset range.

PROGRAM	INCOME LIMIT	ASSET LIMIT	BENEFIT	REQUIREMENTS	CONTACT
TAX WORK PROGRAM (Senior or Veteran)	None	None	Up to \$1,500 (less deductions)	Up to 105 Hours worked in town dept. from July thru March. Hrly pay is at min. wage.	Cameron Senior Center 978-692-5523 / Alison Applications avail. all year. Lottery for slots in May 2022
CPA: Community Preservation Act	HS 1: \$93,000 HS 2: \$106,500 HS = household size	None	Varies (up to full CPA amount billed)	Must own and occupy domicile as of Jan. 1 st Birth certificate 1 st year Federal Income Tax Return	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
VETERAN Clause 22	None	None	Varies \$800. Min.	Min. 10% SERVICE-connected disability; Current MA resident with at least 6 mos. prior to service. Dept. of Veterans Rating Decision Letter	Assessors' Office: Town Hall 978-692-5504 or Veterans Agent 978-399-2328 Oct. 1 – Apr. 1, yearly
BLIND Clause 37A	None	None	\$1,000	Must be owner of record on July 1. Blind Certificate from Commission yearly.	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
DISABLED Clause 41C	Single: \$37,000 Married: \$50,800	Single: \$67,100 Married: \$92,300	\$2,000	Birth Certificate (1 st Year) MA resident for 10+ years Federal Income Tax Return 1040 ALL PGS Proof of Assets & State Disability (SSDI)	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
TREAD: Tax Relief for the Elderly and Disabled	None*	None*	Varies* (Est. \$500 - \$1,000)	Disabled: must have a MA recognized disability certificate.	Cameron Senior Center 978-692-5523 May 1 – Aug. 1, yearly
	*TREAD Committee determines awards in December based on need and available funds donated.				
CPA: Community Preservation Act	HS 1: \$74,500 HS 2: \$85,100 HS = household size	None	Varies (up to full CPA amount billed)	Must own and occupy domicile as of Jan. 1. Birth certificate Federal Income Tax Returns	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly
LOW INCOME-ANY AGE					
HARDSHIP Clause 18 Temporary Tax Deferral Clause 18A	Not Applicable	Not Applicable	Up to total Property Tax bill	18: Hardship due to age and/or poverty. 18A: Change to active military status, unemployment, illness or other reason. Defer for up to 3 years max. Must pay deferred amount back with interest.	Assessors' Office: Town Hall 978-692-5504 Oct. 1 – Apr. 1, yearly

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.



BINGO Pricing

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

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

Sept 13th and October 18th 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 not 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

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.



Social Fitness Activities (cont'd)

NEW- BEGINNER/INTERMEDIATE PING PONG!

Wednesdays at 1pm Starting Wednesday September 11th

This is if you are just starting out and want to try playing ping pong or just want to play for fun without feeling intimidated by some of our more experienced Ping Pong players.



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 play, 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>

Friends of Cameron Senior Center—Become a Member/ Gift Levels

Membership is open to people of ALL ages.

Membership year is July 1- July 1.

Membership provides discounts on certain programs during the year.

Membership: _____ Individual (\$20) _____ Family (\$30)

Additional Donation: \$ _____

Major Sponsors: Include name inscribed on plaque at the Cameron? Yes ___ No ___

Contributor (\$100) ___ Patron (\$500) ___ Benefactor (\$1,000) Other \$ _____

Memorial: ___ (\$500) Provide Name of deceased _____

YOUR NAME _____

PHONE _____

ADDRESS _____

EMAIL _____

By Mail: Friends of Cameron, 20 Pleasant St., Westford, MA 01886

Checks payable to: *Friends of Cameron*. PayPal or Credit card:

Renew memberships/donations at www.westfordmafriendsofcameron.com



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WESTFORD WOMEN'S CLUB

Bringing women together of all ages and interests from Westford and surrounding communities.

Next Meetings - Cameron Senior Center in the Multipurpose Room
September 23, 2024 at 6:30 pm "Salads and Sweets" Light Supper. Come and hear plans for club activities.

October 28, 2024 at 6:30 pm Prospective members welcome. 48 years of social and volunteer service.

Join us! RSVP to westfordwomensclub@gmail.com

TOAST MASTERS

Westford Expressions Toastmasters organization. Toastmasters is a non-profit organization designed to help people of all backgrounds build confidence as speakers and leaders. They follow a structured curriculum that slowly steps members towards building their skills in a supportive, friendly atmosphere. Since it is self-paced, you can decide when you are ready to give a speech or assume a meeting role. And you will surely be invited to TableTopics to work on impromptu speaking skills. The Westford Club is a high-performing and fun club of dedicated individuals who work to make each meeting fun and enjoyable for all. Meetings are hybrid format so join remotely or in person. Guests are welcome with no obligations. Meetings are Monday, except holidays, from 7:00 PM to 8:30 PM. Visit <https://bit.ly/WestfordExpressions> for more information.

How to Get Your Cameron News

- If you are a Westford resident **and** 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, with "newsletter" written in the memo section of the check. Mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Westford COA Newsletter online bit.ly/CameronNews or scan QR code on right with your smart phone camera.
- Find our Facebook Page at facebook.com/CameronSeniorCenter/



SCAN ME

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

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



FRIENDS OF CAMERON BOARD MEMBERS

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

BOARD MEETINGS

COA Board September 18 and October 16 at 4 pm
Friends Board September 19 & October 17 at 10 am

OUR MISSION:

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

20 Pleasant St., Westford, MA 978.692.5523

www.westfordma.gov/coa
<https://www.facebook.com/CameronSeniorCenter/>



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Arts and Crafts

WATERCOLOR CLASS WITH PAULA (6 Weeks)

Thurs starting Sept 12th – Oct 17th from 1-3 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.

SEWING & QUILTING CLUBS

Tuesdays 9 am – 11 am and Fridays 10 am – 1 pm

Please come in and enjoy working on your quilting and sewing projects with other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Pick-up or share some helpful project tips and just enjoy some creative fellowship!

KNITTING AND CROCHETING

Wednesdays, 1:30 pm - 3 pm

The Friends of the Cameron Senior Center sponsors a knitting / crochet "let's have a chat" group. Please feel free to drop by! We meet in the lobby at the senior center. If you want to learn, share a pattern, work on a project or have a cup of tea, we would love to see you!



Social and Enrichment Activities

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.

SPANISH CLASS

Tuesdays and Thursdays at 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.

MUSIC MAKERS IS BACK! FRIDAYS AT 9 am

Come one! Come all! Come and sing with the Music Makers on **Fridays at 9 am**, beginning on September 13th. We hope to welcome returning singers, as well as folks who would like to enjoy a musical morning. Tom Boyer will be back to lead the effort. We hope to see you then.

AMATEUR RADIO CLUB

The Police Amateur Radio Team (PART) of Westford meets at the Cameron Senior Center on the **third Tues. of every month (except Dec.) at 7:30 pm**. Everyone is welcome to attend the meetings, whether or not you have an amateur radio license. If you don't have one, we can help you get one. Our meetings feature presentations on all aspects of amateur radio, as well as construction projects and on-the-air operating events. For more info, visit the club website at wb1gof.org or send an email to info@wb1gof.org.

Travel

VAN TRIPS to Hampton Beach & Parlee Farm

Friday, September 6th at 9:30am Join our COA Van on a ride to Hampton Beach. The cost will be \$10 for transportation.

Friday, October 4th at 10:30am Join our COA Van for a ride over to Parlee Farm for a fun fall day at the farm. The cost will be \$5 for Transportation. Sign up soon at 978.692.5523 because seats are limited.

BLOOM TRAVEL DAY TRIPS

CHRISTMAS TIME IN NEWPORT

Wednesday, December 4

Motor coach will depart at 7:30 am from the Franco-American Club.

Approximate Return: 5:45 pm

Join us as we travel to Newport, RI for the perfect December day trip. We will begin with a

morning visit to the Breakers Mansion. The amazing holiday décor is sure to impress and put you in the Christmas spirit! Following the tour we are off to Johnny's Restaurant, for a lunch. You will have a choice of Baked Stuffed Scrod, Chicken Piccata or Pasta Primavera. After lunch, we will head over to Marble House for more Christmas Decorations. Come make some special holiday memories with us! Full Payment & Meal Choices due upon reservations. **The cost is \$152 per person (Gratuities Included). NO REFUNDS after Nov. 12th.** Call to sign up at 978.692.5523.



ESSEX STEAM TRAIN & RIVERBOAT in Essex, CT

Friday, September 27

Motor coach will depart at 8:30 am from the Franco-American Club. Approximate Return: 5:30 pm

All Aboard! Join us a special Rail & Sail in Essex, Connecticut. Upon arrival, we will board at the Essex Station where we will enjoy

lunch on board a dining car while you take a scenic excursion traveling by beautiful countryside. Choice of Braised Beef, Mushroom Asiago Chicken or Baked Ziti. The train travels along the Connecticut River to Deep River. Upon arrival at the Deep River Station, you will board a Riverboat for a relaxing ride along the Connecticut River. Full Payment & Meal Choices due at sign up. **The cost is \$157 per person. NO REFUNDS after Sept. 5th.** Sign up at 978.692.5523.



For Day Trips, payment is due at registration in order to reserve your place on the 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 once tickets have been purchased from Bloom Travel.** For additional information, contact Katie at 978.399.2330 or krussell@westfordma.gov or pick up a flyer at the Cameron. Call 978.692.5523 to sign up. Listed below are upcoming special day trips.

COLETTE TOURS TRAVEL

Discount Available until September 8th!

TROPICAL COSTA RICA March 7-15, 2025

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





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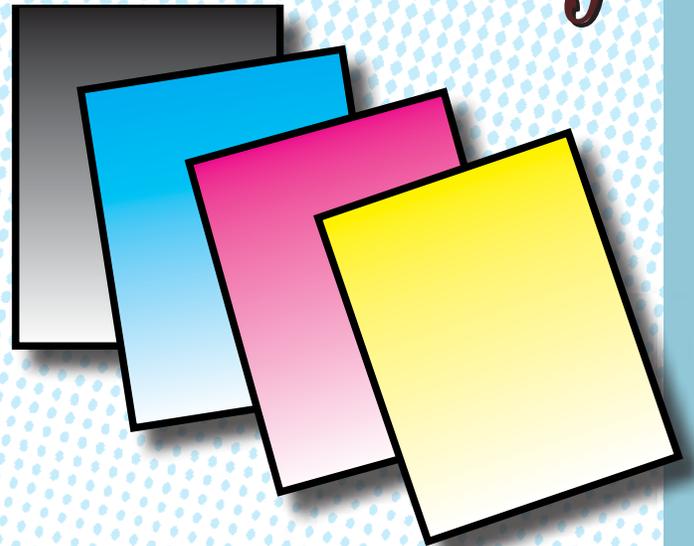
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