



WWW.WESTFORDMA.GOV/COA 978.692.5523

AT THE CAMERON

VETERANS BREAKFAST

Wednesday, November 6 at 8:00 am
at The Forge Village Breakfast Restaurant

In honor of Veterans Day, Westford Veterans and their spouses are invited for a complimentary buffet breakfast. We would like to thank our wonderful sponsors, The American Legion Post 159, VFW Mattawanakee Post 6539, and the Friends of the Cameron for helping to make this wonderful event possible. Please Sign up at 978.692.5523 or online.



WESTFORD ACADEMY HOSTING

JIM GERAGHTY'S FAMILY AND FRIENDS 27th ANNUAL THANKSGIVING DINNER

Sunday, November 24 at Westford Academy at 12 noon

Our COA Board, and Cameron participants are very grateful for Jim Geraghty, Westford Academy and many thoughtful volunteers who orchestrate this much anticipated festive luncheon for more than two hundred Westford older adults **at no cost**. It is a lovely day with BINGO being offered from **10 am - 11:45 am** and many generous prizes. At **noon** a plentiful Thanksgiving spread is prepared by the talented WA Cafeteria Staff. The meal includes the traditional holiday favorites: turkey, dressing & gravy, sweet potatoes, vegetables, salad, rolls, beverages & an array of pie choices served by wonderful community volunteers. RSVP at 978.692.5523. If you need our COA van service, call Bob Rafferty at 978.399.2322.



SPECIAL TOWN MANAGER AND SELECT BOARD HOLIDAY BREAKFAST

Wednesday, December 11 at 8:30 am

We are happy to have this annual breakfast at the holidays with our Town leadership preparing their traditional delicious breakfast menu which includes: blueberry pancakes, scrambled eggs, home fries, sausage fruit salad and pastries. To ensure this festive occasion we ask that you wear your favorite holiday attire, and the tables with the most festively dressed attendees will be selected to go first though our breakfast line. Special holiday helpers (surprise Town Dept. Heads and COA staff) will be available to assist those with any special needs/requests. Please RSVP at 978.692.5523. **FREE**



HOLIDAY LUNCHEON AT THE WESTFORD REGENCY

Friday, December 13 at 11:45 am

We are happy to share with you an opportunity to stroll through the Festival of Trees while enjoying the music of our very own **'Upbeats Band'** playing many traditional holiday favorites starting at 10:30 am prior to lunch. You will see many beautifully and most creatively decorated Christmas trees and wreaths. Once again, we will enjoy the performance of the talented **Westford Academy Honor's Chorus**. Holiday menu: Salad, Chicken Marsala, starch and vegetable, Holiday dessert, tea, and coffee. **Cost:** Friends members **\$17** and non-Friends members **\$35**. **Limited Seating. Reservations are a must by December 3rd**; call 978.692.5523. Transportation will be available, just call 978.399.2322 to reserve your van seat.



FOURTH ANNUAL HANUKKAH LUNCH

Friday, December 27th at 12 noon

Come join Martha and Cindy again as they serve traditional Hanukkah latkes (potato pancakes), kugel (noodle pudding) and bagels with cream cheese. Come have a little nosh with your friends. **Cost is a \$5.00**. RSVP to 978.692.5523.



Ann Miller and Edna MacNeil share some time together while waiting for the awesome COA van.

Inclement Weather Protocol: The Cameron follows the same inclement weather procedures as Town Hall. To find updated weather information concerning delayed opening or closure go to <https://westfordma.gov> or call the center after 6:30 am.



Director's Column

Dear Cameron Friends,

With the colors of fall and cooler air hinting at winter days ahead, I can't help thinking about special programs and services that volunteers from our community organize and execute each year around this time. We hope that you will participate in these special opportunities.



First, we have the **27th Annual Jim Geraghty's Family and Friends Annual Thanksgiving Dinner** for Westford Seniors on **Sunday, November 24th at Westford Academy**. **Bingo will be played from 10 am-noon**, and an incredible Thanksgiving meal to follow made by Westford Academy staff and many community volunteer hands and hearts, ensuring a beautiful time spent together.

Secondly, the **Ham and Bean Supper** sponsored by the Westford Fire Firefighters Association, American Legion Post and Franco-American Club will be held on **Saturday, November 16th at 5 pm**.

Additionally, Martha Brockway and Cindy Kalish will host the **Fourth Annual Hanukkah Lunch** on **Friday, December 27th**.

The **Special Town Manager and Select Board Holiday Breakfast** will take place on **Wednesday, December 11th**.

And last, but not least, the **Tax Return Assistance Program** continues this year led by Hal Schreiber, Site Supervisor. We are fortunate to have Hal overseeing this valuable FREE service which so many residents rely on and appreciate. **Given the importance of this service, the COA Board and I ask that you please consider having a secondary option in place if an emergency should occur, and our volunteer tax service isn't able to complete your tax return.** If this should occur, you will be notified promptly by our COA Director.

Please know these are just a few highlights that we hope will entice you to further explore the many offers we provide for you to join us at the Cameron during this holiday season and days to come.

Here for you,

Jennifer Claro

P.S. Correction: I would like to thank **Mike and Lorraine Priest** for providing donated chairs to the Billiard Room, and we apologize for not recognizing your thoughtful generosity correctly in the last newsletter edition. Also, a special thank you to **Tony Ruvido** for donating all the picture frames individually highlighting our quite accomplished players.

P.P.S. Update on Exercise Class Participation:

Starting on November 1, 2024, we will not be allowing people to register for exercise classes as a drop in participant. If you wish to participate in a class, you will need to pay for the whole session at registration or after the first class. You may use your CameronBucks\$ card to pay for the full class cost at registration or after the first class and take advantage of the FREE punch. If this change causes a financial difficulty, we have funds available to assist. We just ask that you meet with a social service team member.

Friends Corner

The FRIENDS of Cameron enjoyed sponsoring the **Make & Take Women's Lunch** in October. Everyone did a great job making a seasonal fabric pumpkin to take home or share with staff. Then, with vendors and raffles in place it was time for the **Annual Harvest Fair**. Thank you to all the vendors, volunteers and businesses- *and those of you who came*- all vital to the day's success.



Have you seen it? The **FRIENDS CORNER** is now a **Bulletin Board** in the main lobby. Membership Forms, Gift Card Order Forms, and flyers promoting events and fundraisers are all displayed in one place. Give it a glance each time you're at the Cameron - we need your support!

FRIENDS is actively looking for an **Assistant Treasurer**. To learn more, please reach out to Treasurer, Kevin McGuire at friendsofcameron7@gmail.com

The FRIENDS of the Cameron is happy to once again be a sponsor of the **Holiday Luncheon at the Westford Regency**. Always good food and holiday spirit. *Remember, one of the benefits of your annual FRIENDS membership is the reduced price for events like this one* (see page 1). You can still join the Friends, or renew your membership. Find the Membership Form in this issue on **p. 11**.

The Friends of Cameron extends sincere appreciation for several generous donations received recently from the **Greater Lowell Community Fund**, the **Friends of Nashoba Valley Medical Center** and the **Westford Community Fund**.

If charitable giving is one way you celebrate the spirit of the holidays ahead, remember the FRIENDS. Our mission is to support Cameron programs with supplemental funds, and as always we invite you to partner with us in that mission- let's call it a **Cameron "Friendsgiving"**.



Lynne Stader, President



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

LUNCH AND LEARN NOVEMBER

Friday, November 8 at 12:00 pm

Learn about the **Do's and Don'ts for Recycling** with Ken Teal. Lunch provided by Brightview Senior Living Concord River. Sign up at 978.692.5523



LUNCH AND LEARN DECEMBER

Tuesday, December 17 at 12:00 pm

Members of the Middlesex Sheriff's Office will be on hand at the Cameron Senior Center to discuss **Scam Prevention and Awareness during the Holiday Season**. The Sheriff's Office will talk about ongoing scams, ways to recognize them and how you can help family, friends and neighbors protect themselves.



\$\$ WOULD YOU LIKE TO HELP OUR COA SAVE MONEY? \$\$

In an effort to be mindful of our costs, and look at creative opportunities to reduce spending, we are hoping to reduce the cost of mailing our newsletter. Postage has continued to increase along with most other services today. We are wondering if any seniors, who currently receive a newsletter mailed to their homes would consider accessing the newsletter on our website from your computer, iPad, tablet or smartphone? Or would you like to have a digital copy emailed to your inbox? Another postage saving option would be to pick up a copy when you visit our center! If you are interested in any of these options, please email our newsletter editor, Karen Heitkamp at kheitkamp@westfordma.gov You may receive a phone call from one of our COA volunteers in the coming months asking if any of these options would be of interest to you. At this time, you will continue to receive the newsletter mailed to your home if you make no changes.

FRIENDS OF THE POOR WALK

Monday, November 11 at 9:00 am

The Westford Friends of the Poor Committee will be having their annual walk leaving St. Catherine's at 9:00 am. This walk raises funds for the local charity St. Vincent de Paul Society (SVdP) that helps so many residents. The 300 walkers have passed by the Cameron for the past 14 years and appreciate our advertising, water station and rest room stop. Call Julie Oliver at St. Catherine's at 978.692.6353 for more info.



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 are interested in donating to the program, please contact Karen Heitkamp at kheitkamp@westfordma.gov**



Back Again for Music Lovers!

Enjoy MET Fall & Winter ENCORE 2024 Operas!



Sponsored by: Westford Fund/ Patti Mason
Location: O'Neil Cinemas, The Point, 1200 Constitution Ave., Littleton
Sat., Nov. 23 at 1:00 pm - Tosca Opera
Wed., Dec. 4 at 1:00 pm - Magic Flute Holiday
Cost: \$10 RSVP at 978.692.5523 to confirm reserved seating. Please note that the COA van will not be running for the November opera show.

GROTON HILL FREE COMMUNITY CONCERT

Wednesday, November 20 at noon

The Cameron is thrilled to be able to reserve thirty-five seats for the Sasser-Weinberg Experiment, featuring **Josh Weinberg**-drums and **Beau Sasser**-keyboards. Join us for an afternoon of unique, original arrangements of funk-jazz & boogaloo classics featuring tunes from Herbie Hancock, Sly and the Family Stone, Snarky Puppy, & more. RSVP to 978.692.5523. If you need transportation, please call Robert Rafferty at 978.399.2322.



FRIENDS GIFT CARD FUNDRAISER- Final Weeks to order!

Let the FRIENDS of the Cameron make your holiday gift giving easier. When you purchase retail gift cards through the FRIENDS you pay only the face value of the card, while the FRIENDS make money on every card you buy. Order Forms are available on the FRIENDS CORNER board in the lobby or ask at the front desk. Please pick up your Order Form soon, and don't forget to purchase a few for yourself. Stores you go to regularly can be found on the list. This is one of the easiest ways to support the fundraising efforts of the FRIENDS. **Early orders will be due no later than Friday, November 8th** for delivery before Thanksgiving. **Final orders are due by Friday, December 6th** for Holiday delivery. You will be contacted when your order is ready for pick up, expected delivery in 7-10 days.



Heartfelt thanks to Don Wilt, Phil Santoro and Chris Mitchell for all of their help with beautifying the Cameron grounds.

★ **THANK YOU!** ★

Our recent Live Theatre performance by Delvena Theatre Company of **"Bon Voyage Forever!"** was a wonderfully exciting comedy, murder mystery set on a cruise of a lifetime! Thank you to Delvena Theatre for a fabulous original show! I would especially like to thank the fun group of volunteers who helped scoop and serve ice cream for the traditional after-show root beer floats! Maureen Thibodeau, Jennifer Beale, Pat Reppucci, Terry Cryan and Kathy Wilson, whose help made everything a lot easier! Thanks to all!

Claire Grimes 😊

Health and Wellness Offerings—Fitness Classes

LATIN DANCE CLASS

Mondays at 10am

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 - November 5th - December 17th

Thursdays - November 7th - January 2nd

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 7 weeks for one day a week is **\$21** and for both Tuesday and Thursday classes the cost is **\$42**. Non-resident's cost \$5 per class. Sign up at 978.692.5523. **No Classes Nov. 28, Dec. 24, and 31.**

CHAIR MOVEMENT with CAROL WING

Tuesdays - November 5th - December 17th

Thursdays - November 7th - January 2nd

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 7 weeks for one day a week is **\$21** and for both Tuesday and Thursday classes the cost is **\$42**. Non-resident's cost \$5 per class. Sign up at 978.692.5523 **No Classes Nov. 28, Dec. 24, and 31.**

MINDFUL MOVEMENT

Tuesdays - November 5th - December 17th

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 7-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 **\$35** for one class time per session, and **\$70** for both classes. Sign up at 978.692.5523.

INTRODUCTION TO TAI CHI & QIGONG

Tuesdays - November 5th - December 17th

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 \$35 for the 7 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. **No Classes Nov. 28, Dec. 24 - 26, 31 and January 1.** ***First Tues. 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

7 wks beginning Tues, Nov 5th – Tues, Jan 2nd

No Class Nov. 28 and Dec. 24, 26 and 31



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- **\$113** and non-residents- **\$127**. 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

Wed. at 9 am, 6 wks beginning Nov. 6th - Dec. 18th - No class Nov. 27

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 **\$48** non-residents- **\$56**. Please note that the class fee has increased due to rent increase for off-premises location/ instruction.

GENTLE YOGA

Mondays at 12 pm

5 weeks beginning November 18th – December 16th.

Join Meghan Kwartler from Well Being Fitness and Yoga for Gentle Flow Yoga. Experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. **Class fee:** Westford residents- **\$36** and non-residents- **\$42**. Please note that the class fee has increased due to vendor increase in price.

INTERMEDIATE YOGA

Wednesdays at 11 am

6 weeks starting November 6th – December 18th. No Class Nov. 27th

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- **\$42** and non-residents- **\$48**. 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

HEARING SCREENING

Mondays, November 18 and December 9 at 9:30 am

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

WESTFORD HEALTH DEPT. OFFERS:

BLOOD PRESSURE & MORE AT THE CAMERON

Tuesdays, November 12 and December 10 at 9 am Health screenings including blood pressure reading, weight check, medication review, and an opportunity to discuss other concerns with our favorite Town Nurse, Gail Johnson. No appointment necessary.

FREE HEALTH SERIES – TUESDAY Nov. 19 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 November we will have Dr. Tilson, a practicing Gastroenterologist in Chelmsford, to speak about GI Health and Wellness. He will address gut health, bowel issues and what can be done to improve symptoms. We will not have a presentation in December. Be sure to sign up at 978-692-5523.

WHAT DO I NEED TO KNOW ABOUT MEDICARE OPEN ENROLLMENT - October 15 – December 7?

SHINE Mondays, Nov. 4, 18, 25, and Dec. 2 by appointment.

Your health insurance costs are an important part of your budget, and Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2025, or to learn about all options that may be most cost-effective for you. Medicare plans can change annually, and changes are expected for 2025. This can affect your health care and drug costs. SHINE = **S**erving the **H**ealth **I**nsurance **N**eeds of **E**veryone on or eligible for Medicare. If you need assistance with understanding Medicare, call to schedule an appointment with our certified SHINE counselor, Westford resident, **Fred Baumert**. Fred is available all year, and offers free, unbiased confidential counseling on all aspects of Medicare health insurance. Call the Cameron Front Desk at 978.692.5523. Appointments are typically 45 minutes. SHINE can also assist by mail by calling: 978.946.1374.

BURIED IN TREASURE (BIT) Intro session

Thursday, November 21st 2:30- 3:30. BIT workshop introduction is an opportunity to learn about the series that will be beginning in January. The series is a relaxed, nonjudgmental program that teaches you how to build insight, skills, and strategies to help declutter, get organized and reduce acquiring. The program addresses all clutter levels, from just a few messy areas to excessive collecting to hoarding tendencies/ disorder. [Register with Nicole Laviolette, nlaviolette@westfordma.gov](mailto:nlaviolette@westfordma.gov) or 978.399.2503.



BURIED IN TREASURE (BIT) WORKSHOP

Begins in January on Tuesday's from 1:30-3:30 for 13 weeks. Start date to TBD. This is a relaxed, nonjudgmental program that teaches you how to build insight, skills, and strategies to help declutter, get organized and reduce acquiring. The program addresses all clutter levels, from just a few messy areas to excessive collecting to hoarding tendencies/ disorder. Class and workbook are free. This will be a closed group; you must register in advance. Facilitated by Brittany Nash, Gail Johnson, and Nicole Laviolette. [Register with Nicole Laviolette, nlaviolette@westfordma.gov](mailto:nlaviolette@westfordma.gov) or 978.399.2503.

HANDYMAN PROGRAM

The Social Services Outreach Dept. offers a handyman program, thanks to several retired volunteer handypersons. Our volunteers have been CORI checked and can do small odd jobs for our seniors in town. Common jobs performed include: changing light bulbs, assembling items ordered, hanging curtain rods, replacing door/sink hardware, etc. Jobs that require permits are not allowed. Residents are allowed three requests per quarter or one time a month. If you seek help with a small job, call Annette or Jen B at 978.399.2326 and we will screen your request. If approved you will need to sign a town release allowing the volunteer to do work at your property.



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. **Because the Cameron is closed on Monday, November 11, this food distribution will be held on Tuesday, November 12 at 1 pm.**



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>

DID YOU KNOW?

The month of November recognizes many important topics. It is National Veterans & Military Recognition Month, National Gratitude Month, Native American Heritage Month, National Diabetes Month, National Alzheimer's Awareness Month and Family Caregivers Month. If you know someone who is connected to one of these issues, consider a simple form of outreach to them to brighten their day. Kindness matters, and November 13th is World Kindness Day!

KINDNESS

Social Services and Outreach News

OUTREACH

We are here to support you as you journey through your senior years. Call us to help you problem solve, find resources, provide medical equipment, set up handyman services, friendly visitors and more. We also strongly suggest coming to the center to meet others experiencing similar life challenges and joys. Research shows that socialization greatly improves emotional and physical wellbeing. Call Annette or Jen B. at 978.399.2326.

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. The group will meet at Cameron on the 4th Tuesday of each month from 6-7 pm, however on December 24, there will be no group. Please call Lisa before attending your first meeting at 978-808-4246.

GRIEF SUPPORT GROUP

This supportive group actively ran for approximately two years, but the time has come to put the bimonthly meetings on hold due to low attendance in recent months. We may offer it again in a different format in the spring. If you are struggling with grief & loss and need support, please call our Social Services staff for resource suggestions and occasional 1:1 support.

SAND BUCKETS

If you need a free bucket of sand to be delivered to your home for the coming winter months, please call 978-692-5523 to get on a list. Much thanks to our local police dept for providing this service.

SNOW REMOVAL

As the colder weather approaches, we all begin to think about preparing for the winter. Many folks ask if we know of people who can help with snow removal. Unfortunately, this is one of the hardest needs to find volunteer services for. There are a few companies in the area that provide snowplow services and we create a list every year with their contact information however we do not endorse any one over another. A list can be emailed to you or picked up at the center. Other options are to check with your church, the local classifieds, and your neighbors. If you would like to discuss this further, please call Annette or Jen at 978-399-2326.

SO MANY TO THANK!

The Outreach staff would like to extend many thanks to all our Fall Clean-up Volunteers who helped Westford seniors. Local scout groups, church groups, businesses and students all gave of their time to neaten folks' yards. A very large thank you to the Concord Gaining Ground produce program that gave us 6 months of free organic vegetables for low-income residents. This program would not have been possible without the Westford Housing Authority support and the dedicated weekly help of the BEST volunteers: Mike Dyer, Chuck Dutton, Jean Lemieux, Sandra Se-covich, Dennis & Shirley Smith, and Bill & Mary Bowser. THANK YOU ALL!

BOOK CLUB Tuesdays, Nov. 19 & December 17 at 2:00 pm

Are you a reader who likes to talk about books? Join us in November for discussion of the heartwarming novel, *Remarkably Bright Creatures* by Shelby Van Pelt. In December we will take a break from book discussion to have a holiday gathering with refreshments and book swap. We will also plan our reading list for 2025. You can get the November 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 November 14 and December 12 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. Detective Ian McEnaney will be joining Officer Monat.

SIT WITH THE STATE SENATOR STAFF MEMBER

Thursdays November 21 and December 19 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

Thursday, December 12 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, November 12 and December 10 at 11 am

Are you a Veteran who has questions and would like to talk to another Veteran? Just call 978.692.5523 to sign-up for a one-on-one appointment with **Terry Stader**, Westford's retired veteran's agent & 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, November 18 and December 9 at 11:00 am in the welcome area. Call 978.692.5523 to schedule an appointment.

Housing & Independent Living Resources

PROPERTY TAX EXEMPTIONS – Are you eligible?

The town of Westford has several property tax exemptions for senior residents: the low income, blind, disabled, veterans and more. You may be eligible for a tax break. To learn more about your options, call the Assessor's office at 978.692.5504 or call Annette/Jen at 978.399.2326.

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/>

Income Tax Help



Hal Schreiber will be back this year to complete your 2024 federal and state income tax returns. This is a free service and there are no age or income limits. Please call the Senior Center at 978-692-5523 or Hal at 978-692-7906, or email Hal at halsch@verizon.net to add your name, address, telephone number, and email address to the list for having your tax return prepared. You can drop off your tax information at the Senior Center or at Hal's home. If you drop off at Hal's home, call or email Hal. If you call Hal and get the answering machine, leave your name, and phone number and please speak loudly, slowly and clearly.

Please have a secondary option in place if there were to be an unexpected emergency with our COA tax preparer volunteer(s), and your return cannot be completed by Friday, April 15, 2025.

Hal has all the federal and state tax forms that are needed to be filled out.

New for this year

For any property tax, water usage, and stormwater bill paid on 1 Jan 2024 thru 31 Dec 2024, you must provide the date paid and the dollar amount, and you must provide the date received and dollar amount of any refund. Do not include demand fees, interest, TREAD payment, and any water department charges for non-water usage. If you do not have this information, you can get a printout from the Tax Collector and Water Department. This requirement also applies if your main home is located in Massachusetts, but not in Westford. If you do not have this information, contact your Town's Tax Collector and Water Department.

If you pay rent for your main home (only if located in Massachusetts), you must provide the dollar amount and date paid on 1 Jan 2024 thru 31 Dec 2024. Provide the name and address of the landlord.

Information Needed for Preparing Your Tax Return:

1. Your 2023 federal and state tax return if Hal did not prepare the return.
2. Form MA 1099-HC (IRS Form 1095-B if you did not receive MA 1099-HC). The health insurance information from these forms must be entered on your Massachusetts tax return.
3. Form 1095-A (you receive this form if you received the advanced health insurance premium tax credit). The IRS will reject your return if the information from this form is not entered on your federal tax return.
4. W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc
5. The amount and date of any federal and state estimated tax payments you made for 2024.
6. Car, boat, personal property excise tax bills that you paid in calendar year 2024 (do not interest charges or any fees).
7. If you sold any stock or bonds - the date you bought the stock or bond and the amount you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
8. If you have any mutual funds - any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares - the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
9. Medical and Dental expenses – total your co-pays and deductibles for all your drugs (prescription and over-the counter), doctor, dentist, hospital visits, etc in calendar year 2024. Include hearing aides, eyeglasses, etc. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately (do not add them together). DO NOT provide bills or receipts.
10. Charitable contributions. - total your cash/check/credit card contributions that you gave in calendar year 2024 to a charity/church/nonprofit/government. You cannot deduct contributions given to any individual person (including gofundme), political organization, or election campaign (DO NOT provide receipts). For property contributions provide in general terms (clothing, household goods, furniture, etc), what was contributed; date of the contribution; estimated fair market value of the property; and the name and address of the charity receiving the property. If you donated a car, you must provide the paperwork/form you received from the charity.

Dining Options

GAME NIGHT *



Tuesday, November 5 & December 3 at 4:30 pm

Join us for some laughs and fun playing the card game, "Oh Hell" in November and Bunco in December. The more the merrier! The **cost is \$4.00** for refreshments and a light meal. Please sign up in advance for planning purposes at 978.692.5523.

WOMEN'S LUNCH*

Friday, November 15 at 12 pm

Join *Fred Baumert*, our SHINE Counselor as he discusses the different Medicare options during this open enrollment period. **Cost is \$5.00** Please sign up at 978.692.5523.



MEN'S BREAKFAST *

Monday, November 4 at 8 am



Come enjoy some interesting discussion and delicious breakfast prepared by several of our favorite breakfast chefs: Marcel Lacombe, Bob Benoit, John Lasna, & Dave Anderson. The chefs will prepare eggs, sausage, bacon, and potatoes with sides that include english muffins, fresh pastries, fruit salad, and, of course, beans! If you have any suggestions for upcoming speakers, please speak with Ken Hyle. Suggested donation is **\$5.00** please sign up at

978.692.5523. Hear Estate Planning with *Gerald L. Shyavitz*. He will discuss living trusts, avoiding probate court, and protecting your assets.

MOVIE SHOWINGS *

Tuesday, Nov. 12 & Dec. 10 at 5:00 pm

Join us in November for the true story, *Boys in the Boat*. The movie is directed by George Clooney and focuses on the University of Washington rowing team, and their quest to compete in the 1936 Summer Olympics. In December we will watch another true story with Hilary Swank called *Ordinary Angels*. Ordinary people going above and beyond to help others. 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

Friday, November 22 at 12 pm Stuffed Shells

Friday, December 6 at 12 pm Beef Stroganoff



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](#).

ELEGANT CHEF LUNCH

Tuesday, November 5 at 11:30 am

Tuesday, December 3 at 11:30 am

Enjoy lunch prepared and served by the culinary art students from Nashoba Tech's Elegant Chef program. This lunch will take place at Nashoba Tech and you will order off their Menu. Space is limited and preference to Westford Residents so please RSVP 978-692-5523 asap as of November 1st anyone on the waitlist will get first preference for the following months. **Cost will be \$10 please pay at the Cameron before the lunch but remember to bring a few dollars to tip the students who serve you.**

FISCO & DIWALI LUNCH

Wednesday, November 6 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.



RESTAURANT REVIEW

Wednesdays, Nov. 20 and Dec. 18 at 11:30 am and 12:30 pm



Due to the holidays we are scheduling these a week earlier than usual. **In November let's meet at Olive Garden 422 Middlesex Rd, Tyngsboro and in December Not Your Average Joe's at 305 Main St, Acton.** 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 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.



COOKIES & COCOA BY THE FIREPLACE

Thursday, December 19 at 10 am

Join Katie in the library by the fireplace and enjoy some hot cocoa and cookies by **Muffins on Main!** Call to sign up at 978.692.5523 Space is limited.

DINNER WITH DONNA

We would like to extend big thanks to staff and volunteers that covered the September Dinner with Annette and Donna absent that night. Dinner with Donna will resume in January after the holidays. Details to follow in the next newsletter.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>November 2024</h1>	<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>1 8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 BINGO</p>
<p>4 8:00 Billiards 8:00 Men's Breakfast 9:30 Bone Builders 10:00 Latin Dance 12:00 BINGO 12:30 SHINE 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>5 8:00 Billiards 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 11:30 Elegant Chef Lunch 11:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:30 Game Night 6:00 Tai Chi / Qigong</p>	<p>6 8:00 Veteran's Breakfast at FVB 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 Diwali Lunch 1:00 Beginners / Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>7 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 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs</p>	<p>8 8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Lunch and Learn Early Orders for Friends Gift Card Fundraiser Due!</p>
<p>11</p> <p>9:00 Friends of the Poor Walk at St. Catherine's SVdP</p> <p style="font-size: 1.2em; font-weight: bold;">CLOSED FOR VETERANS DAY</p> 	<p>12 8:00 Billiards 9:00 Blood Pressure 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 Vet to Vet 12:45 Bone Builders 1:00 Open Art Studio 1:00 Whole Foods / TJs 2:00 Ping Pong 5:00 Movie Night 6:00 Tai Chi / Qigong</p>	<p>13</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:00 Beginners / Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p> <p style="font-size: 1.2em; font-weight: bold;">WORLD KINDNESS DAY!</p>	<p>14 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 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs</p>	<p>15 8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Women's Lunch Sat., November 16 at 5 pm Ham and Bean Supper at the Franco</p>
<p>18 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</p>	<p>19 8:00 Billiards 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 2:00 Book Club 4:30 Health Series 5:30 MMRRC 6:00 Tai Chi / Qigong 7:30 Radio Club (PART)</p>	<p>20 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Acorn to Oaks 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 Restaurant Review 12:00 Groton Hill Free Concert 1:00 Beginners / Inter Ping Pong 1:30 Knitting Group 4:00 COA Board Meeting 6:00 Food Pantry</p>	<p>21 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 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs 1:30 Sit w/ State Sen. Staff 2:30 Buried in Treasure Intro.</p>	<p>22 8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Birthday Lunch Saturday November 23 at 1:00 MET Tosca Opera at the Point Sunday November 24 at 12pm Jim Geraghty's 27th Thanksgiving dinner at WA</p>
<p>25 8:00 Billiards 9:30 Bone Builders 10:00 Latin Dance 12:00 BINGO 12:00 Gentle Yoga 12:30 SHINE 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>26 8:00 Billiards 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 6:00 Tai Chi / Qigong 6:00 Dementia Caregivers Support</p>	<p>27</p> <p>8:00 Billiards 9:30 Bone Builders 12:00 Cameron Closes at noon for the Thanksgiving Holiday</p> 	<p>28</p> <p style="font-size: 1.5em; font-weight: bold;">CENTER CLOSED</p> 	<p>29</p> <p style="font-size: 1.5em; font-weight: bold;">CENTER CLOSED</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 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 7:00 Toastmasters	3 8:00 Billiards 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 11:30 Elegant Chef Lunch 11:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:30 Game Night 6:00 Tai Chi / Qigong	4 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:00 Beginners/ Inter Ping Pong 1:00 MET Opera at the Point 1:30 Knitting Group 6:00 Food Pantry Christmas in Newport Bus Trip	5 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 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs	6 8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Birthday Lunch Final Orders for Friends Gift Card Fundraiser Due Today
9 8:00 Billiards 9:30 Hearing Screening 9:30 Bone Builders 10:00 Latin Dance 11:00 Ask the Realtor 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters	10 8:00 Billiards 9:00 Mindful Movement 9:00 Blood Pressure Clinic 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	11 8:00 Billiards 8:30 TM/SB Holiday Breakfast 9:00 Well Being Fitness 9:30 Bone Builders 9:30 Holiday Shopping Trip 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:00 Beginners/ Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry	12 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 9:30 Ask the Lawyer 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Ask Fire Prev. Officer 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs	13 8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 11:45 Holiday Luncheon at the Westford Regency
16 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	17 8:00 Billiards 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 12:00 Lunch and Learn 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 2:00 Book Club 6:00 Tai Chi / Qigong	18 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Acorn to Oaks 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 Restaurant Review 1:00 Beginners/ Inter Ping Pong 1:30 Knitting Group 4:00 COA Board Meeting 6:00 Food Pantry	19 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Cookies & Cocoa 10:00 Upbeats Band 10:00 Well Being Fitness 10:00 Friends Board Meeting 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs 1:30 Sit w/ State Sen. Staff	20 8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 BINGO
23 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	24 8:00 Billiards 10:30 Spanish Class 12:00 Cameron Closes at noon for the Holiday	25 <p style="text-align: center;">CLOSED FOR CHRISTMAS DAY</p> 	26 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods/TJs	27 8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Hanukkah Lunch <h1 style="text-align: center;">December 2024</h1>
30 8:00 Billiards 9:30 Bone Builders 10:00 Latin Dance 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters	31 8:00 Billiards 10:30 Spanish Class Cameron Closes at noon for the Holiday	<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>		

Games

CARD GAMES

Come play cards at the Cameron

Hand and Foot on Thursdays at 12:00 pm—3:30 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

Every Monday at 12 pm in the multipurpose room

Fridays, November 1st and December 20th at 12 pm

in the multipurpose room. Join us at the Cameron for some BINGO Fun! BINGO Sheet Pricing: 4 Pack- \$12, 3 Pack- \$9, 2 pack- \$4 and 1 pack \$2. Sign up at 978.692.5523.



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

PING PONG

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

Beginner / Intermediate Ping Pong Wednesdays at 1 pm

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!



Do You Want to Help?



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. Please leave your donation at the front desk 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.

Friends Membership Form

Friends of Cameron - 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

CAN YOU NAME THESE FOLKS? AND WHAT THEY DO AT THE CAMERON?

A Cameron buck\$ card will be awarded to the first person to leave a message on Cameron main line with the following information: the first and last names of the people shown in the photo, and a description of what they do at the Cameron to help each day?



Interested in advertising with us?

978-392-1302

WESTFORD WOMEN'S CLUB

Bringing women together of all ages and interests from Westford and surrounding communities. WWC will not be meeting at the Cameron in November or December.

Next Meeting:

Monday, November 18, 6:30 pm

At the Westford Museum, 2 Boston Road, Westford

Special Program "Women's Roles in the Military: Then and Now"

Slide presentation is open to the public.

For more information or questions about membership,

contact 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 St, 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 November 20 & December 18 at 4 pm
Friends Board November 21 & December 19 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/>



Helping you through your next home transition, every step of the way.

Carrie Hines
M 978.505.1678

carrie.hines@compass.com

Nancy Allam
M 978.505.8865

nancy.allam@compass.com

COMPASS

MONARCH GROUP



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

Arts and Crafts

WATERCOLOR CLASS WITH PAULA (6 Weeks)

Thursdays starting Nov. 7 - Dec. 19 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. **No class on Thanksgiving**



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 masterpiece? If so, Open Art Studio may just be the place for you. Drop ins are welcome!

SEWING & QUILTING CLUBS

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 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 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 - 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.



ACORN TO OAKS

Wednesdays at 10:00 am - Nov. 20 and Dec. 18

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 krussell@westfordma.gov with any questions.

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 December) at **7:30 pm**. Everyone is welcome to attend the meetings. 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 . . .

LET'S GO SHOPPING! Wednesday December 11th at 9:30 am Take the COA van to the Burlington Mall do get some holiday shopping done or just buy yourself something nice. **The cost for Transportation will be \$8.** Please sign up at 978.692.5523 seats are limited.

BLOOM TRAVEL DAY TRIPS

CHRISTMAS TIME IN NEWPORT

Wednesday, December 4

Motor coach will depart at 7:30 am from Franco-American Club. approx. return time: 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.



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.

COLLETTE TOURS TRAVEL



DISCOVER CALIFORNIA DREAMIN': MONTEREY, YOSEMITE & NAPA

April 27 – May 4, 2026

Join Collette Tours on an 8-day trip to California. 12 Meals included. Trip Highlights include A scenic 17-mile drive in Monterey, Yosemite National Park, In Sacramento you will have a choice to tour the California State Railroad Museum or the Crocker Art Museum. Take a scenic cruise on Lake Tahoe, A wine tasting and tour at a vineyard in Napa Valley. Ending your trip in San Francisco. For more information email Katie at krussell@westfordma.gov or go to gateway.gocollette.com/link/1285728



EXPLORE NORTHERN ITALY October 9 – 17, 2025

Join Collette Tours on a 9-day trip to Northern Italy. 12 Meals included. Trip Highlights include a Tiramisu making demonstration in Treviso. A choice to go on a Verona Painted City tour or a walking tour of Verona and its waters. Murano Glass blowing Demonstration. Venice, Asolo, Prosecco Winery Tour, The Dolomites, Bassano del Grappa, Venetian Villa Visit. For more information email Katie at krussell@westfordma.gov or go <https://gateway.gocollette.com/link/1205763>



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 or go to <https://gateway.gocollette.com/link/1205763>





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BRAIN GAMES

Answer to Sudoku

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

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

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

2021 Satara Publishing DIFFICULTY: ★★★

CROSSWORD PUZZLE

ACROSS

- Liquid crystal display (abbr.)
- Rural free delivery (abbr.)
- Confederate States of America (abbr.)
- Red-tailed Hawaiian bird
- Water (Fr.)
- Snake (pref.)
- A (Ger.)
- Ask
- Three (pref.)
- Blesbok
- Big apple (abbr.)
- Kern
- Agent (abbr.)
- Ingenuous
- Slave of Sarah
- Fare
- End
- Servant
- Auricular
- Saltwort
- Royal Air Force
- New sugarcane shoot
- Negative population growth (abbr.)
- Marked with lines
- Health resort
- Indic language
- Husband of Jezebel
- Wings
- Or nearest offer (abbr.)
- Cleave
- Age
- Soak flax
- Atlantic standard time (abbr.)

DOWN

- Large Eur dormouse
- Tea box
- River into the
- Sofist
- Field dilly
- Chaperon (Sp.)
- Bed
- Whirl
- Nautical cry
- Ketone (pref.)
- Incorporated
- Audible breath
- Compass
- direction
- Amend
- Dravidian language
- "Fabes in Slang" author
- Inlet
- Family relative
- Overshoes
- Trouble
- Recommended daily allowance (abbr.)
- Overcoat
- Gloomy
- Energy unit
- Public excitement
- Nat'l Security Agency (abbr.)
- Pallid
- Growl
- Curd
- Beat rapidly
- Abdominal (abbr.)
- Expanse
- Altar constellation

ANSWER TO PREVIOUS PUZZLE

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

ENIGMA™ Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "W" = "A"

CRYPTOGRAM

"PRWECF WCC URP HWP XGWPD
WDMREXIGF, SAG IZ FBA YWPG GB
GRXG W UWP'X HOWEWHGRE, NIMR
OIU LBYRE." — WSEWOWU CIPHBCP

PREVIOUS SOLUTION: "Learning is like rowing upstream: not to advance is to drop back." — Chinese proverb

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