



AT THE CAMERON

Director's Column



*This Newsletter Is
Dedicated in Honor of
Our Cameron Volunteers:*

On behalf of your entire team at the Cameron, we want to express our sincerest gratitude for your invaluable contributions as a volunteer. Your consistent dedication and warm spirit make a positive and impactful mark on the quality of experience center participants feel through your selfless volunteer service inside or outside our center walls.

We truly appreciate your willingness in assisting with meal programs, taking care of center needs, uplifting a new or existing friend, leading and organizing programs, and making Cameron a better place by being YOU.

Your kindness, patience, and great depth of skills and talents shines through in every interaction, bringing joy and comfort in ways you may not always know as a volunteer. Thank you for your far-reaching impact that goes beyond activities, projects, volunteer hours; you are a vital part of our center life, helping to foster a sense of belonging and purposeful life amongst our senior friends and neighbors.

We are so excited to celebrate our volunteers at our special celebratory luncheon on Friday, April 11, 2025. Please join us for a wonderful meal, entertainment and door prizes. This event is limited to 2024 volunteers only. When registering, please let the front desk know how you helped at the Cameron last year. Thanks to our sponsors, **EOEA Formula Grant** and **COA Gift Fund**.

*Sincerely,
Jennifer*

**For All 2024 Cameron Volunteers. . .
We are so grateful for you!**

**Join us for an
Appreciation Lunch**

**On Friday, April 11
From 12:30 - 2:30 pm**

*in recognition of all you do
for our center!*

**Menu includes Baked Ziti, Meatballs
and Garden Salad
from Il Forno in Littleton,
As well as rolls, dessert
and beverages**

**Entertainment provided by well known
illusionist, Lyn Dyllies
Please RSVP at the front desk
or 978.692.5523
by Friday, March 21**



ANNUAL TOWN MEETING

Saturday, March 22, 2025 at 9 am

Annual Town Meeting is set to take place on Saturday, March 22 at Westford Academy. Transportation to and from the Town Meeting will be available via the Cameron Senior Center's Transportation Department, by way of their Town of Westford vans. If you need transportation, please call the Cameron Center Transportation Department at: 978-399-2322, or check the transportation website for online at <https://www.westfordma.gov/1433/Town-Meeting-Transportation>

I encourage all voters to attend because more participation equals better democracy. See you there!

Friends Corner

Are you a new “senior” in the Westford area? Or a longtime resident creating a new chapter in your life? Between the pages of this issue you can find activities to fill your week and serve as a doorway to meeting new friends! The FRIENDS of the Cameron is proud of its role sourcing supplemental funds in support of the many programs at Cameron you will find affordable and rewarding.

Thank you to the sponsors and volunteers who made the Valentine’s Luncheon another special event. Have YOU made donations to the FRIENDS of Cameron in the past? Then **YOU** helped! And many of you supported the FRIENDS raffles and silent auction that day, helping us reach our fundraising goals for FY25.

Sincere thanks to Raytheon RTX (Collins Aerospace) for the recent grant of \$2500 awarded to the FRIENDS. Corporate donations and grants are another important arm of FRIENDS fundraising.

Remember the FRIENDS Gift Card Sales at the end of last year? FRIENDS **sold 60 more cards** than the previous year, with sales yielding a profit of \$744. Imagine if we had sold 100 more cards! When you buy a card from this program there is no added cost to YOU, but the FRIENDS get a percentage of the card value. Many of you purchase cards to give directly as holiday gifts, great idea! I tried something new this time- ordering Amazon cards which I then used to purchase the holiday gifts I was buying for family. An easy step with an added benefit to the Cameron! Please keep our Gift Card Sales in mind this fall when you begin to plan your holiday spending.

Are you in touch with the status of your FRIENDS annual membership? Reminder that last year Membership Month was moved from March to May to better align annual memberships with our fiscal year July 1- June 30. Look for the new **Membership and Charitable Giving** flyer to hit town-wide mailing in May.

Lynne Stader, President



The Friends of the Cameron Senior Center regularly subsidize Cameron activities and transportation!

***Save the date: Friends Fundraiser - Friday, June 6th.**
You won't want to miss this “celebrity” performance.



ALL THINGS MUSHROOMS

Tuesday, April 8th at 2:00 pm

With Special Guest **Elizabeth Almeida**, Fat Moon Farm Founder and Owner Join us for this special program welcoming Farmer Elizabeth Almeida as she shares an informative slide presentation on her world of mushrooms. Learn about their uniqueness, ecological benefits and nutrition. Fat Moon Farm delivers mushrooms to restaurants throughout the greater Boston area. Elizabeth will share cooking tips and how you can grow your own fascinating fungi at home!

Whether you are a foodie, a gardener, a passionate micophile or just looking for a fun afternoon, you will enjoy getting up close with the beauty of mushrooms.

This free program is sponsored by the Westford Women’s Club. Door prizes and refreshments will add to the fun! Call the Cameron 978.692.5523 to sign up.



SPRING AHEAD / ENCORE CASINO TRIP!

Tuesday, March 25

As we look forward to warmer weather, we will be traveling to **Encore Casino in Everett** for a fun day! We are **inviting all those ages 50 and over** to join us on **TUESDAY, MARCH 25th**.

MBT Worldwide Coach will be driving us with **departure from the Franco-American Club at 9:00 AM. Please arrive by 8:45 AM and park at the rear of the lot. Departure from Encore at 3:30 PM.** The fee for this trip will be **\$45**, which includes driver’s gratuity and is **due at sign-up** as there will be **limited seating. Encore does give a \$20 bonus** which you will receive upon arrival at the Casino. If you already have an Encore Card, please bring it with you. If you have any questions, please call and ask for Claire. **Please call 978.692.5523 to sign up** for this fun day at Encore!



FINANCIAL CONSIDERATIONS

BEFORE AND THROUGHOUT YOUR RETIREMENT

Tuesday, April 22 at 5 pm

Topic: Charitable Giving and Your Financial Strategy

Marshall Tisdale, AAMS™, CEPA®, from Edward Jones will share how you can find the appropriate charitable-giving path for your unique financial strategy and life stage. There will be an opportunity to ask questions. Please sign up for this informative workshop at 978.692.5523

FY’26 PROPERTY TAX WORK OFF PROGRAM

Many folks are concerned about the increase in property taxes in our area. This is the perfect opportunity to consider reducing your expenditures. Property Tax Work Off allows work in a Town Department in exchange for a reduction in your property taxes. The program is for seniors age 60+ and Veterans age 18+ who own and occupy their homes and pay taxes to the town. The maximum benefit is \$1500 minus a few federally mandated deductions. This equates to about 100 hours of work anytime between July 1st 2025 and March 15th of 2026. If you are interested, pick up an application and information packet at the Senior Center front desk and submit to Jennifer Beale by May 1st. If there are more applicants than slots in the program, we will hold a lottery in May with new participants given priority. You will be notified in June if you are able to participate.





Veterans Corner

**Westford Veteran's Services Department,
what is it?**

First, this office is NOT affiliated with the US Department of Veterans Affairs (the VA). We are a town department that is an advocate for you, focused on the military veteran and their family, helping you navigate the federal and state benefits available. Massachusetts offers one of the most comprehensive veterans benefit programs in the country. Between the VA and the state programs, there are numerous opportunities to provide medical and financial assistance. We are here to explain them to you and assist you in applying for the benefit. *How can we help you?*

Our office is located at 23 Depot Rd., behind the Abbot School in the Millennium Building. We are also at the **Cameron Senior Center** every **Tuesday from 11AM to noon** for quick questions. We now have office hours at the **Town Hall, every Tuesday from 2PM until 6:30PM** on the second floor in Conference Room B.

If you want to spend some time and talk about benefits in detail or a specific situation, call 978-392-1170 or email veterans@westfordma.gov to schedule an appointment. Check us out at the Town of Westford's website page <http://www.westfordma.gov/veterans>

The HERO Act of 2024

In August of 2024, Governor Healey signed The HERO Act to help further expand Veteran benefits and ensure greater inclusivity and modernization of veterans' services. Key provisions include expanding access to behavioral health treatment, increasing benefits for disabled veterans, supporting businesses that hire veterans, updating the definition of a veteran, expanding the Veterans Equality Review Board's scope, and codifying medical and dental benefits.

As part of this Act, **all Massachusetts residents who are disabled veterans may be eligible to receive the automobile excise tax exemption & receive various fee waivers for transactions at the RMV.** Veterans will qualify for these exemptions if the US Department of Veterans Affairs (VA) determines they have a 100% disability rating or deems them unemployable due to their service-connected disability. To qualify, you **must** present a letter from the VA to the Town of Westford with proof of eligibility (or to the City/Town where the veteran's vehicle is garaged).

To download VA Benefit Letters, go to www.va.gov/records/download-va-letters

To learn more on the HERO Act, go to www.mass.gov/info-details/hero-act

To see the HERO Act Fact Sheet, go to www.mass.gov/doc/fact-sheet-1192023/download

For additional MA Military and Veteran RMV Information, go to www.mass.gov/military-and-veteran-rmv-information

Terry M. Stader USN (Ret)
Interim Veteran Services Officer

Community Resources

HEARING SCREENING

Mondays, March 10 and April 14 at 9:30 am

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

WESTFORD HEALTH DEPT. OFFERS:

BLOOD PRESSURE & MORE AT THE CAMERON

Tuesdays, March 11 and April 8 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.

ASK THE DETECTIVE

Thursdays, March 13 and April 10 at 11 am

Detective Ian McEnaney, from the Family Services Division 2 will be here at the Cameron once a month to answer any questions you may have.

ASK THE FIRE PREVENTION OFFICER

Thursdays, March 13 and April 10 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.

VET 2 VET

Every Tuesday 11 am—12 pm

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.

Westford Constituent Hour

Thursdays, March 20 and April 17 from 2 - 3 pm

The Cameron is glad to offer office hours with a representative from the office of **Senator John J. Cronin**, and Representative Arciero's District Director, Anita Tonakarn-Nguyn for constituent hours on the third Thursday of each month. Feel free to speak about concerns, ask questions or just introduce yourself.

ASK THE LAWYER

Tuesday, March 18 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. Each appt is 30 mins. Call 978.692.5523 to reserve.

ASK THE REALTOR with Kathy Cunningham, Coldwell Banker

Mondays, March 10 and April 14 at 11:00 am

Call 978.692.5523 to schedule an appointment.

Health and Wellness Offerings—Fitness Classes

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

DISCONTINUED CREDIT CARD SERVICE

For those that choose to register for programs on-line, please continue to do so. We just ask that you pay for programs at the center with cash, check or Cameron Buck\$ card. We hope to explore a more **affordable** credit card service. We appreciate your patience. Please know if you would like to participate in a program, class and are financially strapped, we have funds available to support your participation. Please see a member of our social service team. Trips aren't included unless COA van trip.

ZUMBA CLASS with CAROL WING

Tues. March 11 - April 29; Thurs. March 13 - May 1
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 class per week is **\$24** and for both Tuesday and Thursday classes, the cost is **\$48**. Non-resident's cost is **\$40** for one day per week and **\$80** for two days per week. Sign up at 978.692.5523.

CHAIR MOVEMENT with CAROL WING

Tues. March 11 - April 29; Thurs. March 13 - May 1
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 class per week is **\$24** and for both Tuesday and Thursday classes the cost is **\$48**. Non-resident's cost is **\$40** for one day per week and **\$80** for two days per week. Sign up at 978.692.5523.

MINDFUL MOVEMENT

Tuesdays - March 11 - April 29

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** 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 - March 11 - April 29

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 1:00 pm* -2:00 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 Class April 21.**

*First Tues. session of each month starts at 12:15 pm, not 1:00 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 weeks beginning Tuesday, March 11 - Thursday, April 30

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**.

WELL-BEING GROUP CONDITIONING ONE SESSION PER WEEK

Wednesdays at 9 am

8 weeks beginning March 12 - April 30

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**



GENTLE YOGA

Mondays at 12 pm

7 weeks beginning March 10 to April 28— No Class on April 21

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

INTERMEDIATE YOGA

Wednesdays at 11 am

8 wks starting March 12 - April 30

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**.



WELLFIT CIRCUIT TRAINING CLASS

Tuesdays at 4 pm

8 Week Class March 18 - May 6

Wellfit is a circuit strength training class with a wellness lifestyle component. Taught by Wellbeing Fitness instructors Melissa Matheson and Scott Cassa. Class will take place here at the Cameron Senior Center Fitness Room. Class size and space is limited, so it is **restricted to Westford residents ONLY**. **Cost is \$95**. Please sign up at 978.692.5523.

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

FREE HEALTH SERIES

Tuesdays, March 18 and April 15 at 4:30 pm

Join our monthly series with professional speakers from local medical sites on the 3rd Tuesday of every month. In March we will learn how to **Discover Lifestyle Medicine with Dr. Stephan Goupil, DO, PhD**. Chronic diseases are at an all-time high, with 90% of the nation's \$4.1 trillion annual healthcare costs attributed to these conditions. Lifestyle Medicine is rooted in evidence-based strategies and addresses six key health domains: nutrition, physical activity, restorative sleep, stress management, social connection, and avoiding risky substances. Join Dr. Goupil, a Lifestyle and Longevity Medicine Physician, in learning how personalized, science-driven care can help prevent, treat, and even reverse chronic illnesses. In April we will learn about the importance of having **health care documents** in place to honor your medical wishes. Our very own, **LICSW, Alison Christopher**, will discuss the health care proxy, advanced directives and the 5 Wishes. She will have documents for you to take home. There will be time for your questions also. Sign up at 978.692.5523 for either program.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE (SHINE)?

Mondays, March 10 and April 14 by appointment.

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.

PLANNING FOR MEDICARE, COUNTDOWN TO 65

Tuesday April 29 at 5:00 pm

If you're getting close to Medicare eligibility, this presentation is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing. This presentation will help you be confident you're making the right health coverage decisions. A representative from BC/BS will be here to present. Please sign up at 978.692.5523.

BLUE CROSS BLUE SHIELD INFORMATIONAL TABLE

Thursday, March 20 at 10 am – 11:30 am

Join Heather Hurd, a Blue Cross Blue Shield of Massachusetts representative who will host an informational table where individuals can drop by to ask questions about Medicare Advantage, Medicare Supplement Plans, and general Medicare-related topics. This is not a presentation but an opportunity for beneficiaries to receive guidance at their convenience.

YELLOW TULIP PROJECT ROCK DECORATING

Monday, March 10 at 10:30 am

The Town of Westford has partnered with Emerson Health to bring the Yellow Tulip Project to Westford. The Project's mission is to eliminate the stigma surrounding mental illness. Yellow tulips are a sign of hope and when communities come together, get their hands dirty planting a Hope Garden, and talk about mental illness, hope blooms! We had a planting day in October and planted 200 bulbs in two locations, Town Hall and near the town common. In March we will have a Bloom Day celebration to celebrate the blossoming of the yellow tulips and to share hope with the community. In preparation for Bloom Day, we are offering an activity to enhance the garden beds with yellow rocks with messages of support, encouragement, and hope. During the activity, we will have conversations about support, encouragement,



positivity, and hope to support the wellbeing of those attending. Please sign up at 978.692.5523.

A DAY OF BEAUTY AT NASHOBA TECH

Thursday April 3rd at 10 am

The cosmetology students of Nashoba Tech will provide a **free** beauty service to our seniors. Complimentary Services Include:

- Wash & style (blow-dry or set)
- Cut and blow-dry
- Manicure (regular or gel polish)
- Facial
- Waxing (eyebrow, lip, or chin)

One service provided per patron. Space is very limited, so please call us at 978.692.5523 to sign up with which service you prefer.



“AIN'T NO STOPPING US NOW”: THE PROMISES AND PITFALLS OF AGING SEXUALLY

Wednesdays, June 11 and 18 at 2 pm

This will be a two-part session taught by Dr. Jane Fleishman, a sexuality educator. Given the societal taboos against discussing sexuality, especially when it centers on older adults, this series will offer older adults a unique opportunity to learn about the latest research on the sexuality of older adults. The focus of this series is on improving older adults' knowledge, skills, and attitudes regarding the impacts of aging on sexuality, the sexual challenges of chronic illness, and the possibility of pleasure for older adults with an emphasis on application to their own lives. Please sign up at 978.692.5523 **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.**



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. This is an abundant program that offers free items of your choosing. ***Because the Cameron is closed on Monday, April 21, the food distribution will be held on Tuesday, April 22 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>

Social Services and Outreach News

OUTREACH

With winter almost behind us and spring on the horizon, let the senior center help you feel creative, inspired, energetic. There are so many wonderful programs to sign up for, friends to meet, meals to share and connections to be made. As Lady Bird Johnson once said, "Where flowers bloom so does hope." The staff here want to help you navigate some of life's challenges (loneliness, limited activity, physical and cognitive struggles and financial burdens). Please reach out to us so we can provide some support and hope. 978.399.2326.

SENIOR LIVING COMMUNITIES FIELD TRIPS with Annette Thursday, March 27 from 11 am - 1 pm (approximately)

River Court Residences Senior Living Community

We are excited to offer this program of facility visits the last Thursday of every other month. These trips will allow you to explore housing options such as retirement communities and assisted living residences. In March we will be going to River Court in Groton for an 11:00 am tour of their assisted living, independent living and their new recreational space, The Haven, which has a movie theater, spa and more. We will then get to experience their dining at noon. You may drive there and meet us at 11:00 am sharp, or take the River Court van leaving our senior center at 10:30 am. Their van can hold up to 12 folks. Whether you are driving or taking the van please sign up at least one week in advance with us by calling 978.692.5523. *If there are facilities you would like to tour, please let Annette know and she will try and arrange a visit.

ARE YOU REAL ID READY?

On May 7, 2025, U.S. travelers must be **REAL ID** compliant to board domestic flights and access certain federal facilities. Every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification (i.e. valid passport). TSA publishes a list of its acceptable identification documents on its website at www.tsa.gov/real-id or go to www.mass.gov/real-id If you have any questions, just call our Outreach office at 978.399.2326.

DEMENCIA 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. Please call Lisa before attending your first meeting at 978.808.4246.

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.

HEAP (HOME ENERGY ASSISTANCE PROGRAM)

Time is almost up to apply for Winter Heating Assistance. If you are concerned about your heating bill that has accrued since November 1, 2024, consider applying for this federal fuel assistance benefit. The Massachusetts' home energy assistance program (now called HEAP) 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, HEAP 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. **Income Eligibility:** Household income (gross) cannot exceed 60% of Massachusetts' estimated State Median Income. The income limits can also be found on the Community Teamwork website at <https://www.commteam.org/program/low-income-home-energy-assistance-liheap/> You can apply directly through the Community Teamwork website (same link) or through Alison, Annette, and Jen B. at the Cameron.

EMERGENCY FINANCIAL ASSISTANCE

We hear from many people each month who are struggling to afford their basic expenses as costs have increased and income has not. If you are having trouble paying your rent/mortgage or critical utilities, don't suffer in silence. There are government programs like SNAP, HEAP, and RAFT, and property tax relief that can help to alleviate some of the burden. We have the Westford Food Pantry and Cameron free food programs that help to reduce grocery expenses. There are also local charities that can help with emergency payments in the short term. The social work/outreach team is here for help with brainstorming, strategizing, and assisting with future planning to reduce costs.

ARE YOUR HOME ADDRESS NUMBERS VISIBLE?

We want to be sure your home can be found quickly in the event of an emergency. We have heard from our town emergency services and health dept that there are homes in town without visible numbers! If they are looking for an unmarked home precious minutes can be lost to help you and your loved ones. We've been informed by the fire dept that home numbers should meet the following criteria: they should be of contrasting color to your home (i.e. black on white), permanently fixed, visible from the street and at least 3 inches tall or greater. Numbering your mailbox is also suggested. If your home is not well marked or your numbers cannot be seen from the street and you would like some assistance, please contact Outreach at 978.399.2326. We have volunteer handymen that can secure numbers to your home and mailbox. Please call, don't wait for an emergency.

SPRING CLEAN UP – deadline April 25th

It is that time of year when many of you will be thinking about spring yard cleanup. Due to growing numbers of seniors requesting this service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers, but **we will be prioritizing seniors with a demonstrated need first** – financial, health, physical etc. Please call the front desk at 978.692.5523 for your name to be added to the requestor's list by **Friday 4/25**.

DID YOU KNOW?

Things to Think About When Hiring Contractors

As you may know, the Cameron has an excellent group of volunteer handymen available to do minor home repairs for Westford residents at no cost. Tasks may include changing lightbulbs, checking a leaky faucet or moving a small piece of furniture. Our handymen cannot do tasks requiring ladders and/or permits. If you need to hire a contractor, please consider the following:

- If possible, get at least 3 estimates to compare pricing.
- Ask the contractor to provide a written quote and proof of insurance. Also ask for a list of references or check their reviews online.
- Don't pay upfront. Many contractors require a deposit, but you should NEVER pay the full amount up front.
- Finally, don't agree to pay the final amount until you are satisfied w/ the work.

Westford residents are allowed three (3) requests per quarter for our volunteer handyman services. Please contact Annette or Jen in Outreach if you need assistance, 978.399.2326.

Income Tax Help



ASSISTANCE WITH INCOME TAX RETURNS

Hal Schreiber is back this year to complete your 2024 federal and state income tax returns. This is a free service sponsored by your Senior Center, and there are no age or income limits. Please call the Senior Center at 978-692-5523 or Hal at 978-692-7906, or email Hal at halsch@verizon.net to add your name, address, phone 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. Due to the shortage of volunteer tax preparer's, we ask if there should be an interruption in our service that you have an alternate measure to have your tax returns done.

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 & 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 & Dental expenses: total your co-pays & deductibles for all drugs (prescription & over the counter), doctor, dentist, hospital visits, etc in calendar year '24. Include hearing aides, eyeglasses, etc. Add up car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health ins. premiums, long term care premiums, & 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 contrib. that you gave in calendar year '24 to a charity/church/nonprofit/govt. You cannot deduct contrib. given to any individual person (including gofundme), political org, or election campaign (DO NOT provide receipts). For property contrib., provide in general terms (clothing, household goods, furniture, etc), what was contributed; date of contrib.; 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.

Transportation

How to Schedule a ride:

Our transportation service is for residents of Westford 55 and older, and disabled adults of all ages. When scheduling your ride, please be prepared with

- **your name**
- **phone number**
- **home address**
- **the address of your destination**
- **what time you wish to arrive by**
- **and what time you wish to return**

All of our rides are scheduled, so please allow ample time for your appointment. After gathering this information, you can call the Transportation Office at 978.399.2322 and leave the above details regarding your ride. We will call you the night before to verify all rides. Please give us as much notice as possible, with no less than **AT LEAST TWO BUSINESS DAYS**. We ask you to be ready 15 minutes before your scheduled pick-up time and understand that we may pick you up 15 minutes after your pick-up time.

The Cameron Center Transportation Department is an extension of the Lowell Regional Transit Authority, providing Public Transportation. Due to this nature, we sometimes must bring people to their appointments well before their desired start time, and we occasionally return later than their desired return time. Thank you for understanding that this helps us to assist as many people in our community as possible.

During inclement weather, if school is closed or delayed, the same will go for our Transportation program. Our regulation destinations are Westford, Acton, Carlisle, Chelmsford, Groton, Littleton, Ayer, Concord and Lowell. Trips to Boston and Burlington are by special appointment only.

Transportation is provided Monday through Friday, first ride at 8:15 am, last ride at 3:30 pm. Medical rides take precedence. All drop-offs and pick-ups are scheduled, no same day service. If for any reason you must cancel your ride, call the **Transportation Office at 978.399.2322**.



Rep. Jim Arciero and Patty Mason helping out with our Food Distribution Program!

Dining Options

***Special thanks to the Friends of the Cameron for their financial sponsorship of our Men's & Women's Breakfasts/Lunches, Game Nights, Movie Nights and Dinner with Donna! ** Please let our Registrars know at Program Signup if you have a food allergy / special dietary need.**

GAME NIGHT *

Tuesdays March 4 and April 1 at 4:30 pm

We are seeking more folks to join our early evening of fun and laughter. All the games played are easy to learn. In March we will try our luck at **Left/Right/Center dice** game, and April's game night is a **SURPRISE** since it's April Fools Day. The cost is **\$4.00** for refreshments and a light meal. Please sign up at least three days in advance for planning purposes, 978.692.5523.



VIKING BISTRO LUNCH

Tues March 11 at 11:30 am - Eggplant or Chicken Parm.

Tues April 29 at 11:30 am – Pork Loin or Vegetable Risotto

Enjoy lunch prepared and served by the culinary art students from Nashoba Tech's Culinary and hospitality program at the Viking Bistro. This lunch will take place at Nashoba Tech. Let us know your meal choice when you register. Space is limited and preference to Westford Residents. RSVP 978.692.5523. **Cost will be \$15. Please pay at the Cameron at least one week prior to the lunch. Remember to bring a few dollars to Nashoba Tech as well, to tip the student servers!**



WOMEN'S LUNCH*

Fridays at 12 pm, March 14 and April 25

In March, join Brian Alcorn, Esq. and Attorney Amsi Morales Owens from Alcorn and Owens, PLLC as they do a presentation on Estate Planning. In April, join Kathy Cunningham from Coldwell Banker and Katie Russell from the Cameron for some fun and relaxing abstract watercolor painting. **Cost for Lunch is \$5.00** Please sign up at 978.692.5523.

BOILED DINNER

Friday, March 21 at 12:00 pm

Enjoy a Saint Patrick's Day boiled dinner prepared by students of Nashoba Tech Culinary Arts Program. Don't forget to wear green! **Cost is \$15.** Call 978.692.5523 to sign up



MEN'S BREAKFAST *

Mondays at 8 am, March 10 and April 14

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, speak with Ken Hyle. In **March**, join Kathy Cunningham, Coldwell Banker and learn about the fix it up program as well as what is new on the Market. In **April**, Mark Warren, Town of Westford Water Superintendent will be coming to speak about our town's water department. Suggested donation is **\$5.00**. Call 978.692.5523.



FISCO LUNCH

Wednesdays at 11:30 am - 2 pm

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, and others are welcome. FISCO organizes a weekly program, providing a friendly environment for social interaction along with meditation and educational sessions; followed by a hot Indian vegetarian meal. **Cost is \$3.** Future programs include: **"HOLI" Festival of Colors on Wednesday, March 19 at 11:30 am** This vibrant event will feature cultural activities and a **FREE** lunch for all attendees. Please RSVP on website www.thefisco.org or call the front desk at 978.692.5523 to reserve spot and lunch.



RESTAURANT REVIEW

Wednesdays, March 26 and April 30 at 11:30 am only

In recent months we have had some struggles with several folks signing up and then cancelling at the last minute. This has made it difficult to fill the 11:30 and 12:30 slots fairly so we are reverting to only one sign up time, 11:30 am with a wait list after 12 folks. Many restaurants cannot accommodate more than 10-12 folks at the same time. In **March** we will meet at **STIR, 137 Littleton Rd, Westford (where Chilis used to be) and in April the Classic Kitchen Café, 175 Littleton Rd, Westford which serves breakfast and lunch.** Please pre-register at 978.692.5523. If you decide not to go, please call us to cancel at least 5 days in advance so others on the wait list can be moved up. Thank you. Bon Apétit.



MOVIE SHOWINGS *

Tuesdays, March 11 and April 8 at 5 pm

Join us in March for the court room drama, **The Verdict**, starring Paul Newman, and in April for the historical drama, **The Help** starring Emma Stone and Viola Davis. We will start this movie at 5:00 pm sharp because it is longer than 2 hours. 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.

LUNCH AND LEARN

Friday March 28 at 12 pm

Join a representative of the Massachusetts Senior Medicare Patrol (SMP) Program and participate in a discussion on how Medicare beneficiaries are instrumental in preventing, detecting, and reporting Medicare Fraud. Thank you to The Residence at Freeman Lake for Sponsoring this **FREE** Lunch. Sign up at 978.692.5523 .

QUARTERLY BIRTHDAY CELEBRATION

GAME SHOW EDITION

Friday, April 4 at 1:30 pm

We will be celebrating April, May, and June birthdays. Get ready for some friendly competition by joining Kevin Richman for Family Feud and Concentration while also enjoying cupcakes and ice cream. Birthday celebrants is free and all other attendees pay **\$5.00**



DINNER WITH DONNA with the Upbeats Band*

Tuesday, March 25 at 5 pm Dinner, 5:45 pm Musical Entertainment

Join us for a delicious meal! Choose from sausage, turkey or vegetable tortellini soup, salad, garlic bread and dessert at 5:00 pm. Then we get to enjoy an hour of our very own **Upbeats Band**. These folks practice weekly, are local seniors and enjoy playing for others. Be sure to call and sign up quickly; dinner slots fill fast. 978.692.5523. **\$10** for dinner and entertainment, or **\$5** for just the entertainment.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00 Billiards</p> <p>9:30 Bone Builders</p> <p>12:00 BINGO</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Ping Pong</p> <p>7:00 Toastmasters</p>	<p>4</p> <p>8:00 Billiards</p> <p>9:00 Open Art Studio</p> <p>9:15 ZUMBA</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>11:00 Vet to Vet</p> <p>12:15 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>2:00 Ping Pong</p> <p>4:00 Wellfit Circuit Training</p> <p>4:30 Game Night</p>	<p>5</p> <p>8:00 Billiards</p> <p>9:30 Bone Builders</p> <p>11:30 FISCO Lunch</p> <p>1:30 Beginners / Inter Ping Pong</p> <p>1:30 Knitting Group</p> <p>6:00 Food Pantry</p>	<p>6</p> <p>8:00 Billiards</p> <p>9:00 Bridge</p> <p>9:15 ZUMBA</p> <p>10:00 Upbeats Band</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>12:00 Hand and Foot</p> <p>1:00 Bone Builders</p> <p>1:00 Whole Foods / TJs</p>	<p>7</p> <p>8:00 Billiards</p> <p>9:30 Music Makers</p> <p>9:00 Food Pantry</p> <p>9:30 Ping Pong</p> <p>10:00 Sewing / Quilting</p> <p>12:00 BINGO</p> <p>2:30 Tech Help</p>
<p>10</p> <p>8:00 Men's Breakfast</p> <p>8:00 Billiards</p> <p>9:30 Hearing Screening</p> <p>9:30 Bone Builders</p> <p>10:30 Yellow Tulip Project</p> <p>11:00 Ask the Realtor</p> <p>12:00 BINGO</p> <p>12:00 Gentle Yoga</p> <p>12:30 SHINE</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Ping Pong</p> <p>7:00 Toastmasters</p>	<p>11</p> <p>8:00 Billiards</p> <p>9:00 Blood Pressure</p> <p>9:00 Mindful Movemnt, Open Art Studio</p> <p>9:15 ZUMBA</p> <p>10:00 Advanced Mindful Movement</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>11:00 Vet to Vet</p> <p>11:30 Viking Bistro Lunch at NVTHS</p> <p>1:00 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>2:00 Ping Pong</p> <p>4:00 Wellfit Circuit Training</p> <p>5:00 Movie Night</p> <p>6:00 Tai Chi / Qigong</p>	<p>12</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p>10:00 Visit with Chips</p> <p>11:00 Intermediate Yoga</p> <p>11:30 FISCO Lunch</p> <p>1:30 Beginners / Inter Ping Pong</p> <p>1:30 Knitting Group</p> <p>2:30 Tech Pals</p> <p>6:00 Food Pantry</p>	<p>13</p> <p>8:00 Billiards</p> <p>9:00 Bridge</p> <p>9:15 ZUMBA</p> <p>10:00 Upbeats Band</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>11:00 Ask the Detective</p> <p>11:00 Ask the Fire Prev. Officer</p> <p>12:00 Hand and Foot</p> <p>1:00 Bone Builders</p> <p>1:00 Whole Foods / TJs</p> <p>1:00 Watercolor Class</p>	<p>14</p> <p>8:00 Billiards</p> <p>9:30 Music Makers</p> <p>9:00 Food Pantry</p> <p>9:30 Ping Pong</p> <p>10:00 Sewing / Quilting</p> <p>12:00 Women's Lunch</p> <p>2:30 Tech Help</p>
<p>17</p> <p>8:00 Billiards</p> <p>9:30 Bone Builders</p> <p>12:00 BINGO</p> <p>12:00 Gentle Yoga</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Ping Pong</p> <p>7:00 Toastmasters</p>	<p>18</p> <p>8:00 Billiards</p> <p>9:00 Mindful Movemnt, Open Art Studio</p> <p>9:15 ZUMBA</p> <p>9:30 Ask the Lawyer</p> <p>10:00 Advanced Mindful Movement</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>11:00 Vet to Vet</p> <p>1:00 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>2:00 Book Club</p> <p>2:00 Ping Pong, BIT Workshop</p> <p>4:00 Wellfit Circuit Training</p> <p>4:30 Health Series</p> <p>5:30 MMRRC Train Club</p> <p>6:00 Tai Chi / Qigong</p> <p>7:30 Radio Club (PART)</p>	<p>19</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p>10:00 Acorn to Oaks</p> <p>11:00 Intermediate Yoga</p> <p>11:30 FISCO Lunch HOLI Celebration</p> <p>12:00 Groton Hill Community Concert</p> <p>1:30 Beginners / Inter Ping Pong</p> <p>1:30 Knitting Group</p> <p>4:00 COA Board Meeting</p> <p>6:00 Food Pantry</p>	<p>20</p> <p>8:00 Billiards</p> <p>9:00 Bridge</p> <p>9:15 ZUMBA</p> <p>10:00 Friends Board Meeting</p> <p>10:00 Blue Cross/ BS Info Table</p> <p>10:00 Upbeats Band</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>12:00 Hand and Foot</p> <p>1:00 Bone Builders</p> <p>1:00 Watercolor Class</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Westford Constituent Hour</p>	<p>21</p> <p>8:00 Billiards</p> <p>9:30 Music Makers</p> <p>9:00 Food Pantry</p> <p>9:30 Ping Pong</p> <p>10:00 Sewing / Quilting</p> <p>12:00 Boiled Dinner</p> <p>2:30 Tech Help</p> <p>ANNUAL TOWN MEETING TOMORROW!</p>
<p>24</p> <p>8:00 Billiards</p> <p>9:30 Bone Builders</p> <p>12:00 BINGO</p> <p>12:00 Gentle Yoga</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Ping Pong</p> <p>6:30 Westford Women's Club</p> <p>7:00 Toastmasters</p>	<p>25</p> <p>8:00 Billiards</p> <p>8:45 Encore Casino Depart Franco</p> <p>9:00 Mindful Movemnt, Open Art Studio</p> <p>9:15 ZUMBA</p> <p>10:00 Advanced Mindful Movement</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>11:00 Vet to Vet</p> <p>1:00 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>2:00 Ping Pong, BIT Workshop</p> <p>4:00 Wellfit Circuit Training</p> <p>5:00 Dinner w/ Donna & Upbeats</p> <p>6:00 Tai Chi / Qigong</p> <p>6:00 Dementia Caregivers Support Grp</p>	<p>26</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p>11:00 Intermediate Yoga</p> <p>11:30 FISCO Lunch</p> <p>11:30 Restaurant Review</p> <p>1:30 Beginners / Inter Ping Pong</p> <p>1:30 Knitting Group</p> <p>6:00 Food Pantry</p>	<p>27</p> <p>8:00 Billiards</p> <p>9:00 Bridge</p> <p>9:15 ZUMBA</p> <p>10:00 Upbeats Band</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>11:00 Senior Living Field Trip</p> <p>12:00 Hand and Foot</p> <p>1:00 Bone Builders</p> <p>1:00 Watercolor Class</p> <p>1:00 Whole Foods / TJs</p>	<p>28</p> <p>8:00 Billiards</p> <p>9:30 Music Makers</p> <p>9:00 Food Pantry</p> <p>9:30 Ping Pong</p> <p>10:00 Sewing / Quilting</p> <p>12:00 Lunch and Learn</p> <p>2:30 Tech Help</p>
<p>31</p> <p>8:00 Billiards</p> <p>9:30 Bone Builders</p> <p>12:00 BINGO</p> <p>12:00 Gentle Yoga</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Ping Pong</p> <p>7:00 Toastmasters</p>				<p>March 2025</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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>April 2025</h1>	<p>1</p> <p>8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 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 12:15 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong, BIT Workshop 4:00 Wellfit Circuit Training 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 Intermediate Yoga 11:30 FISCO Lunch 1:30 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 A Day of Beauty-NVTHS 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs</p>	<p>4</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 1:30 Birthday Celebration 2:30 Tech Help</p>
<p>7</p> <p>8:00 Billiards 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>8</p> <p>8:00 Billiards 9:00 Blood Pressure Clinic 9:00 Mindful Movmnt, Open Art Studio 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 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong, BIT Workshop 2:00 All Things Mushrooms 4:00 Wellfit Circuit Training 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 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 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 the Detective 11:00 Ask Fire Prev. Officer 12:00 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs</p>	<p>11</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:30 Volunteer Apprec. Lunch 2:30 Tech Help</p>
<p>14</p> <p>8:00 Billiards 8:00 Men's Breakfast 9:30 Hearing Screening 9:30 Bone Builders 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>15</p> <p>8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 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 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 2:00 Book Club 4:00 Wellfit Circuit Training 4:30 Health Series 5:30 MMRRC Train Club 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 10:00 Visit with Chips 11:00 Intermediate Yoga 11:30 FISCO Lunch 12:00 Groton Hill Comm. Concert 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 2:30 Tech Pals 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 12:00 Hand and Foot 1:00 Bone Builders 1:00 Whole Foods/TJs 2:00 Westford Constituent Hour</p>	<p>18</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 BINGO 2:30 Tech Help</p>
<p>21</p> <p style="text-align: center;">CENTER CLOSED FOR PATRIOTS' DAY</p> 	<p>22</p> <p>8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 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 1:00 Bone Builders 1:00 Open Art Studio 1:00 Whole Foods/TJs 2:00 Ping Pong 4:00 Wellfit Circuit Training 5:00 Financial Consid. Retirement 6:00 Tai Chi / Qigong 6:00 Dementia Caregivers Spprt</p>	<p>23</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>24</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 12:00 Hand and Foot 1:00 Bone Builders 1:00 Whole Foods/TJs</p>	<p>25</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Women's Lunch</p> <p style="text-align: center;">DEADLINE FOR SPRING CLEANUP SIGN UP!</p>
<p>28</p> <p>8:00 Billiards 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>29</p> <p>8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 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 11:30 Viking Bistro Lunch at NVTHS 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:00 Wellfit Circuit Training 5:00 Planning for Medicare 6:00 Tai Chi / Qigong</p>	<p>30</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Museum Fine Arts Trip - meet at Franco American 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 Restaurant Review 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>Cameron Center Open M, W, Th, Fri 8 am - 4 pm , Tues 8 am - 8 pm Library, Billiards & Comp. Rm M, W, Th, F 8 am - 3:45 pm, Tues 8 am - 7:45 pm Fitness Center Open M, W, Th & F 8 am - 3:30 pm, Tues 8 am - 7:30 pm</p>	

Social and Enrichment Activities



BOOK CLUB

Tuesdays, March 18 and April 15 at 2:00 pm



Are you a reader who likes to talk about books? Join this wonderful group in our cozy library for hearty discussions. In March we will discuss the suspenseful fiction book, **Mad Honey**, by Jodi Picoult. In April we will read **The Gentle Art of Swedish Death Cleaning**, by Margareta Magnusson, a nonfiction, humorously practical guide to decluttering. 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.

VISIT WITH CHIPS

Wednesdays at 10 am, March 12 and April 16 at 10 am

Chips is an 11 year old Yellow Lab who worked as a Therapy dog for 9 years at a psychiatric hospital with Sue Jones from Westford. He graduated from the NEADS program and is a nationally certified assistant dog. He provided support and healing for patients and staff. Chips loves people and loved his job! Chips and Sue will be here visiting the center once a month if you would like to spend some time visiting this very lovable dog.



TECHNOLOGY HELP

Fridays at 2:30 pm, No Session April 25.

Westford Academy Student Kishan Prajeesh will be taking one on one appointments on Friday afternoons. Please call and set up an appointment at 978.692.5523.



TECHPALS

Wednesdays at 2:30 pm, March 12 and April 16

Each month, we will be having a technology help workshop done by a non-profit called Tech Pals. At TechPals, their goal is simple: empower seniors to navigate today's tech-driven world with confidence and joy! How do they do it? By bringing in the next generation of tech experts – high school volunteers – to share their digital know-how with seniors, one "Pal" at a time. Think of it as the coolest tech support hotline...but way more personal and fun. Please sign up for these informative workshops at 978.692.5523

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

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 9:30 am



Come one! Come all! Come and sing with the Music Makers. We hope to welcome returning singers, as well as folks who would like to enjoy a musical morning. Tom Boyer is leading the effort. We hope to see you then.

GROTON HILL MUSIC CENTER COMMUNITY CONCERTS

Trio Belmont Wednesday, March 19 at Noon Featuring Colleen Hartung-clarinet, Hyun Min Lee-cello, and Svetlana Krasnova-piano. Trio Belmont will be performing Trio in E-flat Major, op. 44 by Louise Farrenc; Trio, Op. 17 by Clara Schumann; and Trio in a minor, op. 114 by Johannes Brahms.



Voice Department Showcase Wednesday, April 16 at Noon Featuring Groton Hill's Susan Bonito, Rob Woodin, Ann Moss, Charlotte Russell, Kate Meifert, Laura Altenor and more! This showcase will feature songs from our talented and dynamic voice faculty. Genres and styles will range from classical to musical theatre to soul!

ACORN TO OAKS

Wednesdays at 10:00 am, March 19 and April 16

We are collaborating with the Roudenbush in a reading program to the students at the Frost school. Please contact Katie at 978.399.2330 or at krussell@westford.ma.gov with any questions.



AMATEUR RADIO CLUB

The Police Amateur Radio Team (PART) of Westford meets at the Cameron on the **third Tues. each month** (except Dec.) 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.

WESTFORD WOMEN'S CLUB

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

Monday, March 24 at 6:30 pm Cameron Senior Center; Multipurpose Room "Centering Survivors and the Role We All Play" with Special Guest Masada Jones, Director of the Center for Hope and Healing which supports those building their lives after experiencing sexual assault. The Center for Hope and Healing provides counseling, medical and legal advocacy and a 24-hour hotline. RSVP to westfordwomensclub@gmail.com

Tuesday, April 15; Annual Installation (not held at Cameron Center)
Email for more information.

WESTFORD EXPRESSIONS TOASTMASTERS

Mondays (except holidays) at 7:00 - 8:30 pm

Westford Expressions 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.

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, Once/month: March 7 and April 18 at 12 pm

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



Social Fitness Activities

BILLIARDS

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



PING PONG

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

Beginner / Intermediate Ping Pong Wednesdays at 1:30 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.



Local Trips

MUSEUM OF FINE ARTS

Wednesday, April 30th

Join us for the perfect Spring day at Boston's Museum of Fine Arts. Our first stop of the day is lunch at the Cheesecake Factory. After lunch, you will enjoy a self-guided tour of the Museum of Fine Arts, the fifth largest museum in the United States. **Your Motorcoach Will Depart at 10:15 am from the Franco-American Club Returns Approximately 5:00 pm. For Reservations, Please call: the Front Desk at 978-692-5523. Cost is \$130 per person and FULL PAYMENT IS DUE UPON RESERVATION and there are NO REFUNDS. Tour Operated By Bloom Tours.**



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November 10 – 16, 2026



Join Collette Tours on a 7 Day trip to Iceland. 11 Meals Included. Trip Highlights include Reykjavik, Northern Lights Cruise, Search for the Northern Lights, Golden Circle, Thingvellir National Park, Lava Exhibition Center, Vik, Jökulsárlón

Glacial Lagoon, Blue Lagoon. For more information email Katie at krussell@westfordma.gov or go to <https://gateway.gocollette.com/link/1299785>

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/1285727>

Arts and Crafts

Friends Membership Form

WATERCOLOR CLASS WITH PAULA (5 Weeks)



Thursdays starting on March 13 - April 10
from 1:00 pm to 3 pm

In this class the instructor will demo various techniques such as simple layering, varied washes, using masking, spattering, glazing, color theory, and using items to produce textures or effects. All participants will be working together using the same reference photo which will be provided by the instructor. A basic knowledge of watercolor painting is preferred as this is not an "absolute beginners' class". **Cost is \$100.00 for residents and \$120.00 for non-residents.** A supply list is available at the check-in desk.

OPEN ART STUDIO



Tuesdays, 9 am - 12:30 pm and 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!

Friends of Cameron - Become a Member/ Gift Levels

Membership is open to people of ALL ages.

Membership year is July 1- June 30.

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 _____

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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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Why should you choose me to be your real estate agent?

I am a licensed Broker & REALTOR® with a background in law & education. As a former practicing attorney, I zealously represented my clients' interests, & I have carried that level of commitment over to my current clients in the real estate market. It would be my pleasure to use that level of service & my experience to help you & your referrals succeed in today's market.

If you have questions about the real estate market or your specific situation, or if you just want to meet me to chat, please join me at my weekly **REAL ESTATE COFFEE HOUR** at The Java Room, 14 Littleton Road in Chelmsford, most Fridays from 9-10 AM!

**ANGELA
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REALTOR®

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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.
- Westford COA Newsletter online bit.ly/CameronNews or scan QR code on right with your smart phone camera.

If you currently receive a newsletter mailed to your home and would consider accessing the newsletter on our website, via email, or picking up a copy when you visit our center, please email our newsletter editor, Karen Heitkamp at kheitkamp@westfordma.gov



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
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Ed Jarvis, Van Driver
John Lasna, Van Driver
Lisa Nee, Van Driver and Assistant Dispatcher
Pam Rovendro, Van Driver

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OUR MISSION:

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

20 Pleasant St., Westford, MA 978.692.5523

www.westfordma.gov/coa

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

BOARD MEETINGS

COA Board March 19 & April 16 at 4 pm
Friends Board March 20 & April 17 at 10 am

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 at 978.692.5523.

