



AT THE CAMERON



"GAY NINETIES CELEBRATION!"

The Westford Council on Aging is pleased to announce our annual Gay Nineties Celebration on **Friday, May 16th from 10:30 am – 2:00 pm at the Westford Regency Inn**. In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 AM with entertainment. **Advanced registration is necessary, at 978.692.5523, before May 5th.**

Our honored Westford guests aged 90 and over are welcome to bring **one** guest; they will be seated at your table. **Both the honoree and their one guest attend free of charge.** The cost for all other guests will be \$34 if you are not a member of the Friends of Cameron and \$20 if you are a Friends member. Westford residents will have priority. Transportation is available.

**Thank you to our sponsors for their financial support:
The Friends of Cameron; Westford Family Funfest Fund; Westford Florist; Nashoba Valley Technical High; Westford Rotary.**



FRIENDS OPEN HOUSE and ICE CREAM SOCIAL

Tuesday, May 20; 2:00-4:30pm

Are you a veteran Member of the FRIENDS of Cameron, or would you like to learn more about becoming one? The FRIENDS Board would like to thank current members and welcome NEW ones. Everyone is invited to stop by for an ice cream sundae and the opportunity to complete your FRIENDS Membership Form for 2025-2026. Bring a friend! ***All 2025-2026 memberships paid by June 30th will be entered into a Drawing to win prizes donated by local sponsors.**

Ebi's SUMMER BBQ COOKOUT IS BACK!

Friday, June 27 at 12 noon at the Franco Pavilion

You will enjoy freshly grilled BBQ chicken and/or beef, accompanied by rice, grilled tomato, dessert, and beverages. Enjoy live musical entertainment by the California Dreamers. A special thanks to Ebi and Desiree Masalehdan for sponsoring this **FREE** event. Please RSVP at 978.692.5523.

PROGRAM REGISTRATION BEGINS THURSDAY, MAY 1!



The Cameron Staff gladly serving our older adults and our Town!

Pictured: L-R Front row: Jen Beale, Social Services; Pam Rovendro, Transportation; Karen Collins, Transportation; Second row: Jennifer Claro, Director; Alison Christopher, COA/ Town Social Worker; Annette Cerullo, Social Services; Third row (staggered): Margaret Siegel, Front Desk; Katie Russell, Program Coordinator; Claire France, Record Supervisor; Steve Ducharme, Transportation; Edna MacNeil, Front Desk; Chris Mitchell, Building Maintenance; Not pictured: Robert Rafferty, Transportation Dispatcher; Transportation Staff: Bob Benoit, Paul Davis, Bob France, Edward Jarvis, John Lasna, and Lisa Nee, Karen Heitkamp, Evening Programs, and Mike Clayton, Building Maintenance.

FRIENDS SPRING FUNDRAISER

"Tribute to the Man in Black"

**Robert Black Returns as Johnny Cash
Friday, JUNE 6 at 2:00 pm Tickets \$10**



Experience the award-winning talent of Robert Black-back this year with his dynamic tribute performance as Johnny Cash. Join us for the music and the memories. Tickets are **\$10** for this one-hour performance of hits- you are sure to want to sing along. Tickets will be on sale in the Lobby May 1st and May 2nd and at the Friends Ice Cream Social on May 20th. **Sign up requires the purchase of your ticket**, so make sure you bring your money with you! Additional sale dates will be announced depending on ticket availability. **All ticket sales are final.** 50/50 Raffle in the Lobby before the show.

A PARTY IN THE PASTURE!

at Good Pickin' Farm, Gould Road, Westford Wednesday, May 21st from 11 am - 2 pm Come for lunch and so much more! Join us for an exciting afternoon in a pastoral setting filled with live music, a great lunch of hamburgers, hot dogs, fruit, dessert & drinks, hayrides, entertainment by Tim Kierstead! It will be a day for all to enjoy. The cost of this fun event will be **\$5**. Please call 978.692.5523 to be included in this unique afternoon happily presented by the Cameron Senior Center.

Director's Column

Appreciation to Cameron Team and Apple Blossom Parade... 

As we close out FY25, I want to thank my Cameron colleagues for their *passion of service, erudition, professionalism, collaboration and TEAMWORK*. Your vibrancy contributed to a successful budget year, the development of a three-year strategic plan, new growth in programs/services and undeniable intrinsic happiness in our center life. Thank you!



Also, with much excitement, our staff would like to invite you to join us and our Cameron UPBEATS Band in the Apple Blossom parade on Saturday, May 17th. We will have our COA van parading. Those interested in riding, tossing throws or simply waving from the window, please call Bob at 978.399.2322. We have limited seats, but we are looking for participants to join on foot, in a wheelchair, motorized scooter, etc., caravanning behind our float and van! The more the merrier!

For those who may wish to decorate our float and van, we would love to have your talent and assistance. Lastly, if anyone has a generator, flat-bed, or pick-up truck and wouldn't mind driving for us or sharing their parade/float knowledge, please contact our front desk at 978.692.5523 and let us know your interest. We would be glad to have your help with our first Apple Blossom parade together!

*Sincerely,
Jennifer*

NEW-PLEASE SWIPE IN DAILY

We are asking all folks to use their Cameron swipe cards to swipe in daily at the computer near the front desk. Please record what programs you go to and/or volunteer work hours that you have provided. This information helps us to know who is in the building in the event of an emergency, and helps us gather important statistics about program popularity, total volunteer hours etc. This data can help us to apply for grants and support the centers' viability. If you do not have a swipe tag, please go to the front desk for the registration paperwork. If you have new information i.e. address, emergency contact, phone #, please inform the front desk so we can update our records. Thank you.

REGISTRATION UPDATE

When paying with a check for trips and/or special events, please write a check for each individual program. It makes our accounting easier, and in the event that a trip must be canceled, refunds are more easily processed if separate payments are made for each trip or event. THANK YOU!

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 are working to secure a more **affordable** credit card service, and it should be available soon. We appreciate your patience. Please know if you would like to participate in a program, class and you 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.

Friends Corner

If it's MAY, it's time to talk about ...

FRIENDS Annual Membership Drive

Memberships for 2024-2025 expire JUNE 30th so current members- it's time to renew for 2025-2026. Help us achieve our goals in support of the Cameron- become a MEMBER of the FRIENDS with as little as \$20 for an individual, \$30 for families. Watch for the FRIENDS Membership townwide mailer to arrive this month or pick up a copy in the Cameron lobby. You can use the same form for your annual charitable giving or to tell us how you would like to get involved as a volunteer.

FRIENDS Open House and Ice Cream Social!

Tuesday, May 20; 2:00-4:30pm.

We want to **thank YOU!** Friends Board members will be **scoop'n it up** in appreciation of your loyal support. Bring a friend and enjoy a treat on us and fill out your Membership Form for next year. Everyone who becomes a paid 2025-2026 member by June 30 will have their name entered into a **DRAWING** for great prizes from our event sponsors. Tickets will also be available during the Open House for our Spring Fundraiser bringing back Tribute Artist Robert Black as **Johnny Cash**. (See Page 1)

FRIENDS Annual Meeting

Friday, June 20 at 10:00am in the Computer Room. Open to all members of The Friends of the Cameron Senior Center. Members can hear annual reports and elect the Board of Directors.

Email us at friendsofcameron7@gmail.com with any questions.

**FRIENDS
ANNUAL MEETING
Friday, June 20, 10:00am
Cameron Computer Room**

Welcome to Mariann Patterson who officially joined the FRIENDS Board in March. You'll see her around- I hear she's a regular at Bingo- and loves to help with fundraisers.

Our thanks to the **Greater Lowell Community Foundation** for their continued support of the Cameron with their recent contribution.

It's Membership Month- can you help us get the word out?

Lynne Stader, President



A 501(3)c nonprofit and volunteer organization

THANK YOU FRED!

A much deserved thank you to our SHINE Counselor Fred Baumert! SHINE Supported More than 80,000 People During 2024 Open Enrollment! In 2024, SHINE counselors assisted 83,774 people in Massachusetts with their health insurance and drug coverage issues, an increase of 12.3% from 2023. The Administration on Community Living (ACL) rated the performance of counselors as Excellent!



Fred Baumert

The Cameron staff and center participants are very fortunate to have Fred as our experienced and incredibly helpful SHINE Counselor. In FY24, Fred provided 164 SHINE Counseling sessions and we are so grateful for his many years of outstanding volunteer service.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE (SHINE)?

Mondays, May 12 and June 9 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.

FINANCIAL CONSIDERATIONS BEFORE AND THROUGHOUT YOUR RETIREMENT SERIES

Tuesday, June 24 at 5 pm

Topic: Retirement: Making your Money Last

Marshall Tisdale, AAMS™, CEPA®, from Edward Jones, will discuss investment strategies to help you build a strategy to last throughout your retirement years. In addition, you'll explore how to address key concerns such as inflation, health care expenses and market volatility, as well as ways to prepare for things that may not go as expected. There will be an opportunity to ask questions. Please sign up for this informative workshop at 978.692.5523



VETERANS BREAKFAST

Tuesday, May 27 at 8 am

Location: The Forge Village Breakfast Restaurant



In honor of Memorial Day, Westford Veterans and their spouses are invited for a complimentary buffet breakfast. We would like to thank our wonderful sponsors, The Healy

American Legion Post 159, Nab American Legion Post 437, VFW Mattawanaukee Post 6539, and the Friends of the Cameron for helping to make this wonderful event possible. Please Sign up at 978.692.5523.

TEA MAKING WORKSHOP

Wednesday, May 14 at 10am

Good Pickin Farm's wonderful staff (Adeline and Lucy) will talk about herbs and tea blends. Participants will tour our herb garden, talk about growing herbs and their health benefits. Each participant will select from our dried herb supply and mix their own tea blends. They will also paint their own ceramic mug to go with the tea that they make. We will provide dried herbs, reusable cotton tea bags, blank ceramic mugs, and paint supplies. We would like to offer a special rate of \$45 for Friends of the Cameron Senior Center members, and \$65 for nonmembers. The workshop will last two hours. Sign up at <https://www.goodpickinfarm.com/>



Community Resources

HEARING SCREENING

Mondays, May 12 and June 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, May 13 and June 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.

ASK THE DETECTIVE

Thursdays, May 8 and June 12 at 11 am

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

ASK THE FIRE PREVENTION OFFICER

Thursdays, May 8 and June 12 at 11 am

Ryan Monat, FF/Paramedic, Fire Prevention Officer & S.A.F.E. Officer will be here once a month to discuss fire safety.

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>

VET 2 VET

Every Tuesday 11 am - 12 pm, except June 24

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, May 15 and June 12 from 2 - 3 pm

The Cameron is glad to offer office hours with a rep. from the office of **Sen. John J. Cronin**, and Rep. Arciero's District Director, Anita Tonakarn-Nguyn for constituent hours. Feel free to voice your concerns, ask questions or just introduce yourself.

ASK THE LAWYER

Tuesday, June 10 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, May 12 and June 9 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!

ZUMBA CLASS with CAROL WING

Tues. May 6 - July 1; Thurs. May 8 - July 3

No Class June 19

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. May 6 - July 1; Thurs. May 8 - July 3

No Class June 19

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 - May 6 - July 1

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 - May 6 - July 1

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 May 26 and June 19.**

*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!



The following classes are offered in collaboration with Wellbeing Fitness:

WELL-BEING GROUP CONDITIONING TWO SESSIONS PER WEEK

Tuesdays & Thursdays at 10 am

8 weeks beginning Tues., May 6 - Tues. July 1; No Class June 19.

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 May 7 - June 25

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

8 weeks beginning May 5 to June 30: No Class on May 26

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



INTERMEDIATE YOGA

Wednesdays at 11 am

8 wks starting May 5 to June 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.

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 and Wellness Continued— Outdoor Activities

HIKE WITH MIKE!

Participants should wear sturdy, closed toe, walking/ hiking shoes or sneakers and bring water, bug repellent, sun block, a hat and hiking pole if needed. All hikes are approximately 2 miles, over varied terrain with rolling hills. Most trails have loose rocks and roots. All hikes are rain or shine. Lightning, or the threat of lightning will cancel. **All hikes will start at 9 am.** Please call to sign up at 978.692.5523.

Kennedy Pond - via Trailside Way

Date: Monday, June 2, 2025

Trailhead: Kiosk at the parking lot off of Trailside Way (after #7 Trailside Way) Westford.

Greystone Pond

Date: Monday, June 30, 2025

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

Beaver Brook

Date: Monday, July 7, 2025

Trailhead: The Col de Sac at the end of Buckingham Dr., Westford.

Stone Arch Bridge

Date: Monday, July 21, 2025

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

Westford Academy

Date: Wednesday, July 30, 2025

Trailhead: The parking lot to the right (in front of the football field), at Westford Academy, 30 Patten Rd, Westford.

Swedes Crossing

Date: Wednesday, August 6, 2025

Trailhead: Next to 17 Swedes Crossing Rd., Westford.

NARA Park, Acton

Date: Monday, August 11, 2025

Trailhead: 25 Ledge Rock Way (the first parking area behind the beach concession stand/ changing rooms) Acton.

Chelmsford Cranberry Bog, Chelmsford

Date: Monday, August 18, 2025

Trailhead: The "Bog" house, at 750 Curve St, Carlisle

East Boston Camps

Date: Monday, August 25, 2025

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

Stepinsky Property

Date: Monday, September 8, 2025

Trailhead: American Legion Baseball Field parking lot, 15 River St, Westford.

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.

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.**

Van Trips

PICKITY PLACE

Wednesday, May 7th at 10:00 am

Enjoy a scenic ride on the Cameron van to Pickity Place in Mason, NH for a delicious, five-course gourmet lunch featuring fresh herbs. Cost for this enchanting outing is \$40.00. Call 978.692.5523 to sign up-spaces are limited! Please write checks out to the Friends of the Cameron Senior Center.



LETS GO WOO SOX !

Wednesday, June 4th at 10:00am

We are going to Worcester to the Polar Park to watch the Woo Sox vs the Rochester Red Wings. The cost of this event will be \$25.00 Call 978.692.5523 to sign up-spaces are limited! Lets Play Ball!



THANK YOU WESTFORD ROTARY CLUB!

Patty Mason, Rotarian, presents carpet cleaner donated to the Cameron on behalf of the Westford Rotary Club. Chris Mitchell, Cameron Maintenance Supervisor, is appreciative of this gift, especially on those snowy and icy days that drag in salt and sand.



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

“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.**

FREE HEALTH SERIES

Tuesdays, May 20 and June 17 at 4:30 pm

Join our monthly series with professional speakers from local medical sites on the 3rd Tuesday of every month. In May we are excited to have AARP representatives present the **6 Pillars of Brain Health**. The Six Pillars presentation is based on current research, vetted by AARP's Global Council on Brain Health and AARP's Staying Sharp program. This interactive session will provide you with information about brain health, lifestyle suggestions, and relevant resources. AARP invites you to challenge yourself to **“BE MORE”** by taking **one more** step along the path of brain health!

In June we are hoping to have a Podiatrist to discuss foot care and answer your questions. Please sign up in advance for either of these health programs so we can set up an appropriate size room. 978.692.5523.

MELODIES FOR MEDICINE:

Tuesday, May 6 from 6-7 pm.



Music has the power of offering joy, connection and enhancing mental wellbeing. Join us for an evening with Melodies for Medicine, a special program where talented musicians (age 10-16) will bring the joy of live music to our senior center. Enjoy performances, meaningful conversations, and the shared love of music in a relaxed setting. Light refreshments will be provided. Free Event. Please call 978.692.5523 to sign up.

DID YOU KNOW?

UPCOMING CHANGES TO SOCIAL SECURITY

You may have heard of changes to Social Security beginning on March 31st. These changes will require people to go online or in person to a Social Security office to verify their identity. These changes only apply to the following situations:

- Replacing a Social Security card
- Changing direct deposit information
- Filing for survivor benefits
- Starting a new claim for benefits

If you use email and have a computer, tablet, or smart phone, you can create a secure account online at www.ssa.gov/myaccount. Otherwise, you need to call the Social Security Lowell office at 1.877.746.9850 to initiate the change and make an appointment. The closest Social Security office to Westford is 155 Warren St., Lowell. Transportation is available via the Cameron. Questions? Please see Annette or Jen B in Outreach or contact the main # of Social Security at 800.772.1213.

Healthy Food Resources

FREE ORGANIC VEGETABLE DISTRIBUTION

Starting May 29th every Thursday at 1:00, #s given out at 12:45

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce weekly to all Westford residents that meet income guidelines. Fuel assistance gross income criteria: household of one \$49,196, household of two \$64,333. To participate one must sign an income attestation on the day of produce pick up, document presentation not required. This distribution will be held at the Westford Housing Authority at 65 Tadmuck rd in the community center parking lot. Because this program is so desirable people often arrive early so, we will pass out numbers starting at 12:45. The freshly picked and packaged vegetables will be prebagged and distributed at 1:00. Any questions call Annette or Jen at 978.399.2326.

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. ***The Cameron is closed on Monday, May 26 and Thursday June 19. The food distribution will be held on Tuesday, May 27 and Friday June 20, respectively 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**. 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: \$2608 for one person or \$3525 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> Questions? See Annette or Jen



Have you ever considered traveling with your friends from the Cameron Center? Pictured at left are seniors who traveled with a trip offered by the Cameron to Costa Rica in March 2025. In the front row are Sandra Osbaldeston, Maxine Foley, and Deborah Taylor. Behind are Emily Lambert and Kevin Gagnon enjoying the natural beauty that Costa Rica has to offer! See our travel opportunities on page 13.

Social Services and Outreach News

OUTREACH

The Social Work/Outreach staff are here for you to call or meet with to discuss concerns, problem solve, be objective listeners, and to support you. Being a Westford senior entitles you to our services and we will do our best to help you. You can reach Alison, Annette or Jen Beale at 978-692-5523.

SENIOR LIVING COMMUNITIES FIELD TRIPS with Annette

Thursday, May 29 from 11 am - 1 pm (approximately)

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. Our visit this month is to the retirement facility, **The Hunt Community at 10 Allds St, Nashua, NH**, www.silverstoneliving.org/hunt_community. Details are still being worked out about transportation options. Whether you are driving or need a ride please sign up with us by calling 978-692-5523. We will accept the first 20 that sign up and then there will be a wait list.

*If there are facilities you would like to tour, please let Annette know and she will try and arrange a visit.

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

Housing & Independent Living Resources

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 1, 2025 and March 15, 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 23rd. If there are more applicants than slots in the program, we will hold a lottery in late May with new participants given priority. You will be notified in June if you are able to participate.

NEW-TREAD-TAX RELIEF FOR ELDERLY AND DISABLED

This is a property tax relief fund available through donations from the community. People over age 65 and disabled individuals who own and reside in their home may apply if they need assistance with property taxes. The applications will be available in May at the Senior Center and are due by August 31st. Awards are decided in December '25 by a committee appointed by the Town Manager. This program has no income limits to apply, but those with the most challenging income to expense ratio are most likely to be given assistance. Please note, the TREAD committee does not make payments on deferred tax bills. If you have questions about TREAD, call Annette, Jen B. or Alison.

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.

HOME MAINTANENCE & MINOR REPAIRS

In the past we have had local church groups provide weeks of service to seniors in the summertime. At the time of writing this, March, we do not have any commitments from local organizations. A few of the churches are providing their mission work out of state in impoverished areas and others have not started their summer planning yet. If you were counting on this help or have a need, please call the Outreach office at 978-399-2326. We may still hear from an organization and will be able to refer you then.

KEYSAFE LOCK BOXES

This program with the Fire Dept. has been a huge success with over 60 lock boxes installed at senior's homes. If you live alone, have medical issues, or frequently need to call 911 then you are a candidate for a key safe lock box. If you are low income, we may be able to provide you with one. The heavy-duty metal box is installed on the outside of your home, and it has a keypad with a code to access the keys inside the box. The fire/police dept, your neighbors and family can have the code to prevent damaging your home to enter in an emergency. Our volunteer handymen can install them for you. For more information or to sign up for the program call Annette or Jen at 978-399-2326.

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 & mailbox. Please call, don't wait for an emergency.

CAMERON BUCK\$ CARD FOR WESTFORD RESIDENTS

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

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.

MOTHERS DAY WOMEN'S LUNCH*



Friday, May 9 at 12pm

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

MEN'S BREAKFAST *

Mondays at 8 am, May 12 and June 9

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 May**, The History of Nabnasset Grove will be presented by Rich McLaughlin and Geoff Hall. **In June**, Join Det. Ian McEnaney, from the Family Services Division 2 of the Westford Police Department discuss different ways to protect yourself from fraud and scams. Suggested donation is **\$5**. Call 978.692.5523.

VIKING BISTRO LUNCH

Tuesday May 13th at 11:30 am at NVTHS

Chicken Piccata or a Vegetarian Option 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 and let us know your meal choice ahead of time. Space is limited and preference to Westford Residents so please RSVP 978-692-5523 asap Cost will be **\$15** please pay at the Cameron before the lunch but remember to bring a few dollars to tip the students who serve you.



MOVIE SHOWINGS *

Tuesdays, May 13 and June 10 at 5 pm

Join us in May for the award-winning comedy drama **Philomena**, starring Judy Dench and in June for the warm-hearted adventure story **Dog**, starring Channing Tatum. **\$5**. will get you a movie, popcorn, refreshments and a light meal. Call to sign up at least 3 days prior at 978.692.5523.



SING AND SANDWICH

Friday, May 30th at 12 pm

Come and sing with our very own Music Makers and the Golden Notes visiting us from Bridges By Epoch Westford while you enjoy a light lunch. Join us for this Dementia Friendly Event. Lunch sponsored by Bridges By Epoch Westford. **FREE** Please sign up now at 978.692.5523

LUNCH AND LEARN

Friday May 23rd at 12pm

Join Aaron Ginsberg from the Fair Housing Program at Community Teamwork to talk about fair housing and tenant rights. Thank you to Benchmark Senior Living at Chelmsford Crossing for Sponsoring this **FREE** Lunch. Sign up at 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:

May 7 Downsizing and Decluttering Session

May 14 Chair Yoga

June 18 Spot Scam and Fraud

Please RSVP on website www.thefisco.org or call the front desk at 978.692.5523 to reserve spot and lunch.

RESTAURANT REVIEW

Wednesdays, May 28 and June 25 at 11:30 am only

In May we will meet at **Bertucci's 14 Littleton Rd, Chelmsford**, and in June at **The Point, Tavern in the Square at 810 Constitution Ave, Littleton**. Please pre-register at 978.692.5523 and if you decide not to go, please call us to cancel 5 days in advance so others on the wait list can be moved up. Thank you. Bon Appétit.



DINNER WITH DONNA and

ANTIQUES APPRAISER, PETER YVANOVIH*

Tuesday, May 27 at 5 pm

Join us for a fun night of food and admiring antiques. Donna will be serving baked Ziti, meatballs, Caesar salad, bread and dessert. Peter will be sharing his antique knowledge from 5:30 to 7:00. He can appraise 20 items and will provide fun educational snippets. The first 20 households that sign up can each bring in one item to be appraised at no cost. Be sure to call and sign up quickly, slots will fill fast. 978-692-5523. **\$10 for dinner and entertainment or \$5.00 for just the entertainment.**

Pictured Below: Chuck and Donna Dutton & The Upbeats performing at our March Dinner with Donna!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| <h1>May 2025</h1> <div style="border: 2px solid red; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Cameron Center Open Mon, Wed., Thurs., Fri. 8 am - 4 pm , Tues. 8 am - 8 pm Library, Billiards Room open M, W, Th, F 8:00 am - 3:45 pm, Tues 8:00 - 7:45 pm Fitness Center open M, W, Th & F 8:00 am - 3:30 pm, Tues 8:00 am - 7:30 pm Trudy's Boutique open daily from 9am - 3pm</p> </div> | | | | |
| <p>5</p> <p>8:00 Billiards 9:30 Bone Builders 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p> | <p>6</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, 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 4:00 Wellfit Circuit Training 4:30 Game Night 6:00 Tai Chi / Qigong 6:00 Melodies for Medicine</p> | <p>7</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Visit with Chips 10:00 Van Trip - Pickity Place 11:00 Intermediate Yoga 11:30 FISCO Lunch with Program 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p> | <p>8</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 the Fire Prev. Officer 12:00 Hand and Foot 1:00 Bone Builders 1:00 Whole Foods / TJs</p> | <p>9</p> <p>8:00 Billiards 9:00 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Mothers Day Women's Lunch 2:30 Tech Help</p> |
| <p>12</p> <p>8:00 Men's Breakfast 8:00 Billiards 9:30 Hearing Screening 9:30 Bone Builders 11:00 Ask the Realtor 12:00 BINGO 12:00 Gentle Yoga 12:30 SHINE 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p> | <p>13</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Blood Pressure 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 9:30 Ask the Lawyer 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Vet to Vet 11:30 Viking Bistro Lunch at NVTHS 1:00 Bone Builders, Open Art Studio 2:00 Ping Pong 4:00 Wellfit Circuit Training 5:00 Movie Night 6:00 Tai Chi / Qigong</p> | <p>14</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Tea Wrkshop Good Pickin' Farm 11:00 Intermediate Yoga 11:30 FISCO Lunch with Program 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>15</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Friends Board Meeting 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs 2:00 Westford Constituent Hour</p> | <p>16</p> <p>8:00 Billiards 9:00 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 Gay Nineties @ W. Regency 2:30 Tech Help</p> |
| <p>19</p> <p>8:00 Billiards 9:30 Bone Builders 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 2:00 Ping Pong 6:30 Westford Women's Club 7:00 Toastmasters</p> | <p>20</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, 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, Open Art Studio 2:00 Friends Open House IC Social 2:00 Book Club, Ping Pong 4:00 Wellfit Circuit Training 4:30 Health Series 5:30 MMRRC Train Club 6:00 Jack is Back!, Tai Chi / Qigong 7:30 Radio Club (PART)</p> | <p>21</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Acorn to Oaks 11:00 Intermediate Yoga 11:00 A Party in the Pasture GP Farm 11:30 FISCO Lunch 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p> | <p>22</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 Watercolor Class 1:00 Whole Foods / TJs</p> | <p>23</p> <p>8:00 Billiards 9:00 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Lunch and Learn 2:30 Tech Help</p> |
| <p>26</p> <p style="text-align: center;">CENTER CLOSED FOR MEMORIAL DAY</p>  | <p>27</p> <p>7:30 Golf at Quail Ridge 8:00 Veterans Brkfast at FV Breakfast 8:00 Billiards 9:00 Mindful Movemnt, 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 Whole Foods / TJs 1:00 Bone Builders, Open Art Studio 2:00 Ping Pong 5:00 Dinner with Donna & Antiques! 6:00 Tai Chi / Qigong 6:00 Dementia Caregivers Support Grp</p> | <p>28</p> <p>8:00 Billiards 8:30 @ Franco Charles River Cruise 9:00 Well Being Fitness 9:30 Bone Builders 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>29</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 Senior Living Field Trip 12:00 Hand and Foot 1:00 Gaining Grounds at WHA 1:00 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs</p> | <p>30</p> <p>8:00 Billiards 9:00 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Sing and Sandwich 2:30 Tech Help</p> |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 2 8:00 Billiards 9:00 Hike with Mike 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters | 3 7:30 Golf at Quail Ridge 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 4:30 Game Night 6:00 Tai Chi / Qigong | 4 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Van Trip - Woo Sox 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry | 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 1:00 Gaining Grounds at WHA 1:00 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs | 6 8:00 Billiards 9:00 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 2:00 Friends Fundraiser Johnny Cash Tribute 2:30 Tech Help |
| 9 8:00 Men's Breakfast 8:00 Billiards 9:00 Hike with Mike 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 | 10 7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Blood Pressure Clinic 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 9:30 Ask the Lawyer 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Vet to Vet 1:00 Bone Builders, Open Art Studio 2:00 Ping Pong 5:00 Movie Night 6:00 Tai Chi / Qigong | 11 6:00 @Franco Martha's Vineyard 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Visit with Chips 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 2:00 Aging Sexually 2:30 Tech Pals 6:00 Food Pantry | 12 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 Gaining Grounds at WHA 1:00 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs 2:00 Westford Constituent Hour | 13 8:00 Billiards 9:00 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 BINGO 1:00 Whole Foods/TJs 2:30 Tech Help |
| 16 8:00 Billiards 9:00 Hike with Mike 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters | 17 7:30 Golf at Quail Ridge 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, Open Art Studio 2:00 Ping Pong 2:00 Book Club 4:30 Health Series 5:30 MMRRRC Train Club 6:00 Tai Chi / Qigong 7:30 Radio Club (PART) | 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 w/ Program 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 2:00 Aging Sexually 4:00 COA Board Meeting 6:00 Food Pantry | 19 <p style="text-align: center;">CENTER CLOSED FOR JUNETEENTH</p>  | 20 8:00 Billiards 9:00 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Friends Annual Meeting 10:00 Sewing / Quilting 11:00 Friends Board Meeting 1:00 Whole Foods/TJs 2:30 Tech Help |
| 23 8:00 Billiards 9:00 Hike with Mike 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters | 24 7:30 Golf at Quail Ridge 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 1:00 Bone Builders, Open Art Studio 2:00 Ping Pong 5:00 Financial Considerations 6:00 Tai Chi / Qigong 6:00 Dementia Caregivers Support | 25 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 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 | 26 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 Gaining Grounds at WHA 1:00 Bone Builders 1:00 Whole Foods/TJs 1:00 Watercolor Class | 27 8:00 Billiards 9:00 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Ebi's Cookout @ Franco 2:30 Tech Help |
| 30 8:00 Billiards 9:00 Hike with Mike 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters | | | | <h1>June 2025</h1> |

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

Social and Enrichment Activities

BOOK CLUB

Tuesdays, May 20 and June 17 at 2:00 pm



Readers, consider joining this wonderful group in our cozy library for hearty discussions. In May we will be reading and discussing *Finding Me*, a biography by Viola Davis, and in June we will discuss the collection of essays about nature in

Tamed and Untamed: Close Encounters of the Animal Kind by Elizabeth Marshall Thomas and Sy Montgomery. Usually, I supply the books, but Fletcher Library is temporarily moving to a new location for the remodel and will not be able to help us get the May book, *Finding Me*. I will try to get a large quantity from another library, but you may want to try other ways i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978.399.2326

VISIT WITH CHIPS

Wednesdays May 7 and June 11 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. Chips loves people and loved his job! Chips and Sue will be here visiting the center once a month if you want to spend some time very lovable dog.



JACK IS BACK!

Tuesday May 20 at 6pm

Jack the Wiz Kid Whitman is back from college and wants to offer a technology class. If interested in attending this session, please call the front desk at 978.692.5523.



TECHNOLOGY HELP

Fridays at 2:30 pm

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, May 14 and June 11

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 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

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

Thursday, June 19 at 7pm

Juneteenth Celebration

Celebrate freedom, justice, and unity on this important American holiday as we honor Black American musical traditions. **No transportation from the COA Van will be available since the center is closed for Juneteenth.**



ACORN TO OAKS

Wednesdays at 10:00 am, May 21 and June 18

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. Also, see our upcoming event below!

AMATEUR RADIO RELAY LEAGUE 2025 FIELD DAY

The Westford Police Amateur Radio Team (<http://www.wb1gof.org/>) will be participating in the Amateur Radio Relay League 2025 Field Day (<https://www.arrl.org/field-day>). During this event, we will be communicating with other amateur radio operators from across North America and around the world. We will be showcasing 7 different live amateur radio stations each using a different amateur radio communication technique. Most of all, one of the stations will permit you to get on the air. Come join us at the Concord Rod and Gun Club (<https://concordrodandgun.com/>) at **74 Strawberry Hill Road in Concord, MA from 2:00 PM Saturday June 28 through 12:00 noon Sunday June 29**. It's free and open to the public. Bring the grand kids!

WESTFORD WOMEN'S CLUB

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

Next Meeting- Monday May 19, 2025 at 6:30 pm

Cameron Senior Center in the Multipurpose Room. We will be planning activities for next year.

RSVP to westfordwomensclub@gmail.com

No June meeting- see you in September.

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.

Arts and Crafts

WATERCOLOR CLASS WITH PAULA (6 Weeks)

Thursdays starting on May 15 - June 26
from 1:00 pm to 3 pm

No Class June 19

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



OPEN ART STUDIO

Tuesdays, 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!

Games

GAME NIGHT

Tuesdays May 6 and June 3 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 May we will try our luck at the **card game 31** and in June the dominoes game, **Mexican Train**. 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. **Special thanks to the Friends of the Cameron for their financial sponsorship of our Game Nights.**



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

One Friday per month - 12 noon: **May 2, June 13.**

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



Social Fitness Activities

TUESDAY GOLF AT QUAIL RIDGE

354 Great Rd, Acton MA

Tuesdays beginning at 7:30 am - all day

Now—October Cost: \$20 walking, \$31 with cart. Call Quail Ridge at 978.264.0399 to reserve your tee time. Make sure you say you're with the Westford Group to get this special price.



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.



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M 978.505.8865

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COMPASS

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Local Trips

CAPE COD LUNCH TRAIN TOUR

Wednesday, September 17

Join *Bloom Tours* on a scenic ride down to Hyannis, MA. We will board their Colonial Lunch Train for a delightful 2hr journey & 3 course meal! We are treated to expertly prepared food served with white-linen class. Converse over afternoon coffee, sit back and enjoy a mid-day escape of a relaxing train ride. Your meal choice is Hunter's Harvest Chicken, Sweet Potato Pecan Crusted Salmon, Autumn Salad or Ham Sandwich. Also included is Coffee/Tea and Chefs Choice Dessert. Following your excursion you will head to Hyannis for exploring and shopping. Shop at Specialty Stores, Consignment shops or just stop for an Ice Cream. **Your Motorcoach Will Depart at 8:00 am from the Franco-American Club Returns Approximately 6:15 pm. For Reservations, Please call: The Front Desk at 978-692-5523. Cost is \$160 per person and FULL PAYMENT DUE UPON RESERVATION and NO REFUNDS. Tour Operated By Bloom Tours.**

MARTHA'S VINYARD

Wednesday, June 11

Come explore Martha's Vineyard with us this summer! We will board the Island Queen in Falmouth for a relaxing ride to Martha's Vineyard. Once the ferry arrives in Oak Bluffs, Martha's Vineyard we will take a 3 1/2 hour Narrated Tour through Oak Bluffs, Vineyard Haven and West Tisbury. Included in the tour is a 1 1/2 hour stop in Edgartown for lunch (on own) and shopping. This is simply the BEST way to see Martha's Vineyard! **Your Motorcoach Will Depart at 6:00 am from the Franco-American Club Returns Approximately 6:30 pm. For Reservations, Please call: The Front Desk at 978-692-5523. Cost is \$134 per person, and FULL PAYMENT DUE UPON RESERVATION and NO REFUNDS. Tour Operated By Bloom Tours.**

CHARLES RIVERBOAT CRUISE

Wednesday, May 28

Cameron Seniors just love Boston! This 2-hour tour, hosted by Charles Riverboat Company, offers spectacular views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and the Charles River basin. The tour narrated by a guide from Boston By Foot and co-sponsored by BSA Space, a center for architecture and design includes landmarks such as Marriott's Custom House, the Prudential Building, and the Hancock tower, as well as cutting-edge contemporary design by today's top architects. Boat is climate controlled. After the cruise you will be treated to lunch at The Cheesecake Factory. **Your Motorcoach Will Depart at 8:30 am from the Franco-American Club Returns Approximately 4:30 pm. For Reservations, Please call: The Front Desk at 978-692-5523. Cost is \$137 per person, and FULL PAYMENT DUE UPON RESERVATION and NO REFUNDS. Tour Operated By Bloom Tours.**

Local Trips (Continued)

THE SPIRIT OF BOSTON

Wednesday, July 30

Step aboard the "Spirit of Boston" for a luxurious 2 hour cruise that features live entertainment - you'll dine, dance, enjoy star-quality entertainers and breathtaking views! On board, you'll enjoy an outstanding buffet luncheon, all freshly prepared onboard in the ship's excellent galley. Sample a little bit of everything! After the cruise we will head over to Quincy Market for some free time to shop and explore! **Your Motorcoach Will Depart at 9:30 am from the Franco-American Club Returns Approximately 5:30 pm. For Reservations, Please call: The Front Desk at 978-692-5523. Cost is \$154 per person, and FULL PAYMENT DUE UPON RESERVATION and NO REFUNDS. Tour Operated By Bloom Tours.**

Travel

ICELAND'S MAGICAL NORTHERN LIGHTS DISCOVERY

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 Pained 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>



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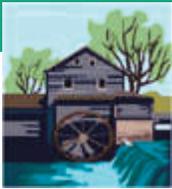
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If you have questions about the real estate market or your specific situation, or if you just want to meet me to chat, please join me at my weekly **REAL ESTATE COFFEE HOUR** at The Java Room, 14 Littleton Road in Chelmsford, most Fridays from 9-10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



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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

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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
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Katherine Russell, Senior Assistant
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Karen Collins, 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 May 21 & June 18 at 4 pm

Friends Board: May 15 at 10 am & June 20 at 11 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.

