



WWW.WESTFORDMA.GOV/COA 978.692.5523

AT THE CAMERON



LIVE THEATRE SHOW ~ THE INCREDIBLE MAE WEST

Friday, September 19 at 1 pm

The Delvena Theatre Company will be presenting "The Incredible Mae West!" here at the Cameron. Meet Hollywood legend blond bombshell, "Mae West" as portrayed by actress Lynne Moulton. Famous for her comedic one-liners, "Mae" will keep the audience entertained with an insight into her fascinating 80-year show business career, her philosophy of life and, of course, her singing. A humorous, yet informative production. After the performance, the actress will open to the audience for discussion regarding Ms. West. Truly a unique experience! "The Incredible Mae West" is an original edutainment production written by Fran Baron.

As always, we will have a celebration with Root Beer Floats following the show. A fun time for all! **Please call 978.692.5523 to sign up for this FREE show.** *The "Incredible Mae West" 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.*

JOIN THE CAMERON: HEROES OF HUNGER FILL THE VAN for the WESTFORD FOOD PANTRY!

Tuesday, Sept. 9 from 8:30 am -7 pm at 20 Pleasant St.

Did you know the Westford Food Pantry shelves are low and need our help? In May, the pantry served 157 households with 85 of those households being older adults 65 and over. Let's help our neighbors by bringing in some nonperishable foods that you enjoy eating. Personal hygiene and household items are gladly accepted as well. If you are interested in volunteering two hours to accept donations, please let the front desk know at 978.692.5523! This drive will be shared throughout town; feel free to tell your family and friends. Thank you!



DINNER WITH DONNA with DJ BRETT

Tuesday, September 30 at 5 pm

Another fun night is planned with Donna's yummy food from 5 - 5:45 pm, and then lively music and dancing from 5:45 -7:15 pm. Dinner includes chicken rice casserole, vegetable, salad and dessert. Be sure to sign up quickly 978.692.5523. **\$10 for dinner and entertainment or \$5.00 for just the entertainment.** Thank you to the Friends of the Cameron & the Food Pantry for subsidizing the costs for this event.



FRIENDS of the Cameron Annual HARVEST FAIR!

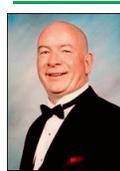
Wednesday, October 29 from 10 am to 3 pm

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



Friends of the Cameron Presents:

TIM KELLY- ENTERTAINER EXTRAORDINAIRE!



Friday, October 3 from 6:00-7:30 pm

Location: Franco-American Club in Westford.

DOORS OPEN at 5:15 pm

Vocalist/Keyboard entertainer Tim Kelly has performed in Vegas, in New York, on cruise ships and more. Berklee grad and Vietnam vet, Tim has done 9000+ shows and counting- even performed for U.S. presidents! Don't miss this opportunity to enjoy the many voices of Tim Kelly- Rock and Roll, Country, Oldies- enjoy this piano man's repertoire and come sing-along. Tickets will be on sale in the Cameron lobby 10:00 am-3:00 pm beginning September 2nd.

You won't want to miss this show! Go ahead- wear your Vegas Bling!

TICKETS: FRIENDS Member \$20/ Non-member \$25 Cash or Check to Friends of the Cameron.

IT'S TIME FOR TRIVIA

Friday, October 24 at 1:00 pm

Our infamous Ken presents, "Trivia with a Twist" a new unique way to play Trivia and a special musical guest. There will be special games for extra points, unique team selection and champion prizes. All this for \$3.00. Sure to be a great time! Don't miss the fun; sign up online or by phone 978.692.5523.



ONLINE REGISTRATION - PLEASE NOTE - IMPORTANT CHANGE!

As we are in transition to using online registration, for the September /

October registration, there are three trial classes that will require online registration. These classes are the Tues./Thurs. Wellbeing Fitness Class, the Wed. Wellbeing Fitness Class and the Zumba Class. For the November / December registration, we will add two additional classes that will require online registration.

These classes will be the two yoga classes. Please contact Katie at 978.399.2330 or krussell@westfordma.gov to set up a one on one tutorial on how to register for online classes, or sign up for the workshop with Katie on **Monday, September 22 at 10 am** by calling the front desk at 978.692.5523.



The Cameron Senior Center will be **CLOSED** for Labor Day on Monday, September 1, 2025. **Registration for September / October Programs will begin on Tuesday, September 2, 2025.**

Director's Column

Strategic Planning Goals for FY26 and Your Involvement

As many of you know, last year the 2025 Town Strategic Plan was completed with community input, Town leadership and staff. This plan will help guide our COA as our Boards, Staff and Community simultaneously work on our three-year Strategic Plan goals which align with several Town strategic outcomes areas. Please find below the goals that our COA Board and Director will work to achieve with your involvement in this new fiscal year 2026.



Programs & Services

Goal 1

The COA will provide an opportunity for center participants to provide input and feedback on programs and services in-person and written form in September and June.

Goal 2

To ensure current and future evaluation of Program and Services a QR code will be made available in all activity spaces for center participants to provide feedback to Director.

Financial Sustainability

Goal 1

The Director, Friends of Cameron President and a secondary Friends appointee and Financial Strategic Plan Committee to develop an annual plan to increase outside funding by ten percent of Town Budget for FY26.

Communications

Goal 1

Work on developing a one-to-two-year Branding Plan utilizing STP Communication Committee, COA Director/COA Staff Member to enhance the value of the Cameron Senior Center/COA delivery of services and programs to the residents.

Facilities and Grounds

Goal 1

Work on reducing ADA smaller citations noted in Town Accessibility Audit Report prepared by DirectAccess. Meet with Facilities Director and Assistant Town Manager quarterly on building improvements with emphasis on HVAC.

Collaboration and Civic Engagement

Goal 1

Work to deepen collaboration efforts with schools, departments and community by adding six new programs/initiatives to our COA delivery of programs and services.

Transportation

Goal 1

Create a cross training/succession plan for Transportation Coordinator position.

Please feel free to share your comments with me and please participate in surveys and/or meetings that will be available to you in September, October and throughout the year. Please see page 13 for our current survey available from September 1 through September 30. Please plan on attending our **upcoming public meeting on Monday, October 6 at 9:30 am** in the Craft Room at the Cameron! Call 978.692.5523 to RSVP or email jclaro@westfordma.gov

Your participation is invaluable to our center community,

Jennifer

This newsletter is made possible with the support of our annual Formula grant from the Executive Office of Elder Affairs.

Friends Corner

Congratulations to Board of Directors members re-elected at the FRIENDS Annual Meeting in June. Last year our goal was to increase visibility for the FRIENDS in this newsletter and elsewhere. This year we want you to experience the benefits of belonging, beginning this month when we celebrate **National Cheese Pizza Day on September 5** - and why not? Don't we love any excuse to get together? **See Page 8.**

Over the summer the Memorial plaques were moved from the Multipurpose room to the Lobby. Thank you, Director Claro for supporting our efforts to raise visibility and honor those who have been remembered with donations. Recently added: **Mickey Crocker, George Borrero, Bob Gloyd, and Bella DiMare.**



The original Levels of Giving plaques displayed in the Multipurpose room are now retired. See The Membership Form on **Page 13** for the new Levels of Giving adopted by the FRIENDS Board of Directors: **Friend, Bronze, Silver and Gold.** Donors will be recognized at the end of the year.

Want to honor someone still living? Recognize a special Anniversary, retirement or birthday? Consider a **Living Tribute.** See the purple Donation Form in the Friends Corner for information. Another great way to support the Cameron.



New this fall! Watch for the new Friends of the Cameron website launching soon. Many thanks to all who have contributed to this effort. Use the website for memberships, donations, Trudy's Boutique and more.

More in this issue:

The FRIENDS is excited to bring you **TIM KELLY- Entertainer Extraordinaire- Friday, October 3rd 6:00-7:30 pm at the Franco.** *Music, songs, keyboard and comedy!* Time to get your tickets and support our Fall Fund-raiser. Invite your friends! (See Page 1)

And don't forget to mark your calendar for the **Annual Harvest Fair- Wednesday, October 29th** here at the Cameron. See you there!

****The FRIENDS of the Cameron has open positions on the Board for Secretary and Assistant Treasurer. For information email friendsofcameron7@gmail.com**

Lynne Stader, President



Community Resources

HEALTH DAY

September 9 from 1:30-3:00 pm

Will have 5 stations.

1. Stop the Bleed (not a full class but touching on important pieces)
2. Cholesterol/glucose checks - **sign up with Gail at 978.399.2548.**
3. Blood pressure station
4. Narcan station
5. Hands only CPR station



HEARING SCREENING

Mondays, September 8 and October 6 at 9:30 am

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

WESTFORD HEALTH DEPT. OFFERS:

BLOOD PRESSURE & MORE AT THE CAMERON

Tuesday September 9 and October 14 at 9 am Health screenings including blood pressure reading, weight check, medication review, and an opportunity to discuss other concerns with our favorite favorite Town Nurse, Gail Johnson. No appointment necessary.

FLU CLINIC

Mark your calendars for this year's upcoming FLU clinics through the Westford Health Department. We will be using the COLOR software again, and the link for the pre-registration will be on our website in mid-August. Walk-ins are always welcome, but pre-registration is a much quicker process. Bring your insurance card(s) with you at your appointment. For more information on the FLU, please visit the Westford CAT website, under Health, and look for "Ask the Nurse", the article on influenza will be posted in August. Each month an article will be submitted under "Ask the Nurse". If you have any suggestions on a topic, you might be interested in, please send an email to Gail Johnson, Public Health Nurse, Westford Health Department, gjohnson@westfordma.gov



SAVE the DATE:

FLU CLINIC for 65 and older (ONLY)

DATE: Thursday, September 18, 2025

LOCATION: Millennium School, behind the Abbot Elementary School, 23 Depot St Westford

TIME: 12:00-4:00 pm

We will have a link on our website for you to pre-register between the middle to end of August from COLOR

Welcome walk-ins, but pre-registration is a quicker option.

COMMUNITY FLU CLINICS for 3 years old and above (includes children 3 & up, adults, and older adults 65 + includes pediatric doses up to high dose for the older adult)

TWO DATES: Thursdays, October 16 and October 23

LOCATION: Westford Academy Cafeteria 30 Patten Rd

TIME: 4:00-8:00 pm

*A link will be on our website between the middle to end of August to register for each of these clinics listed above from COLOR

ASK THE DETECTIVE

Thursdays, September 11 and October 9 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, September 11 and October 9 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

Meet our new Veterans Service Officer and Army Veteran **Colin Bode**. 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>

COFFEE WITH COLIN

Friday, September 12 at 9 am

Join Army Veteran Colin Bode Westford's Veterans Service Officer at the Cameron Library. Enjoy a hot cup of coffee and get to know Colin and learn about different Veterans Benefits. Sign up at 978.692.5523.

VET to VET

Every Tuesday 4 pm to 6 pm

Are you a Veteran who has questions and would like to talk to another Veteran? Just stop by the Cameron and meet our new Veterans Service Officer and Army Veteran **Colin Bode**.

WESTFORD CONSTITUENT HOUR

Thursdays, September 18 and October 16 from 2 - 3 pm

Join Representative Arciero's District Director, Anita Tonakarn-Nguyn, and Susan Templeton from Senator Cronin's Office for constituent hours. Feel free to speak about concerns, ask questions or just introduce yourself.

ASK THE LAWYER

Friday, September 12 beginning at 9:30 am

One on one appointments. Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors aged 60 and over, by appt. Each appt is 30 mins. Call 978.692.5523 to reserve.

ASK THE REALTOR

with Kathy Cunningham, Coldwell Banker

Mondays, September 8 and October 6 at 11:00 am

Call 978.692.5523 to schedule an appointment.



Seniors enjoying a Hike with Mike, Beaver Brook, July 2025

Beaver Brook
July 2025

Health and Wellness Offerings—Fitness Classes

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

MEDITATION

Monday, September 15 at 10am

Monday, October 20 at 10am

Join Nicole Laviolette the Town of Westford Community Wellness Coordinator for a monthly Meditation. Please sign up at 978.692.5523.



ZUMBA CLASS with CAROL WING

Tues. Sept. 16 - Nov. 4; Thurs. Sept. 18 - Nov. 6

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. **Must sign up online at <https://myactivecenter.com>**



CHAIR MOVEMENT with CAROL WING

Tues. Sept. 16 - Nov. 4; Thurs. Sept. 18 - Nov. 6

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 - September 9 - October 28

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 - September 9 - October 28

6:00 pm - 7:00 pm

Instructor: Stan Fall of Cultivating Qi YangTao™

Tai Chi & Qigong offer gentle meditative movement to help move blood and oxygen around the body, nourishing the organs and tissues. This strengthens the immune system and enhances the body's natural ability to heal itself. In addition, due to the in-the-moment-connection of the mind to the breath, YangTao™ Tai Chi & Qigong help to calm the mind. The class is designed to be low key and fun for people of all levels. Come join us to learn these mindful movements and to connect with like-minded people. **Cost for the class is \$40 for the 8 weeks.** Sign up at 978.692.5523.

BONE BUILDERS

Mondays and Wednesdays 9:30 am -10:30 am

Tuesdays and Thursdays 12:45 pm* -1:50 pm

Bone Builders is a great class to participate in if you are recovering from a health set-back. Build your strength, increase your range of motion and flexibility at a pace that is comfortable for you. To register for the classes, please request an application from the front desk at Cameron. Your application must be completed (with physician's approval). Class space is limited. ***First Tues. session of each month starts at 12:15 pm, not 12:45 pm. We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center at no cost!**



WELLFIT CIRCUIT TRAINING CLASS

Tuesdays at 4 pm

8 Week Class September 9 – October 28

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.

WELL-BEING GROUP CONDITIONING TWO SESSIONS PER WEEK

Tuesdays & Thursdays at 10 am

8 weeks beginning Tues. Sept 9 - Thurs. Oct. 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.

Must sign up online at <https://myactivecenter.com>

Class fee: Westford residents- **\$127** and non-residents- **\$143**.

WELL-BEING GROUP CONDITIONING ONE SESSION PER WEEK

Wednesdays at 9 am

8 weeks beginning Sept. 10 - Oct. 29

Class Location: Well-Being Fitness Gym (see description of location and class for two-session class above). Class size is limited.

Must sign up online at <https://myactivecenter.com>

Class fee: Westford resident's **\$64** non-residents- **\$72**

GENTLE YOGA

Mondays at 12 pm

8 weeks beginning Sept. 8 - Nov. 3, No Class October 13.

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 Sept. 10 - Oct. 29

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.

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 provide

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

COA Van Trips

APPLE PICKING

Thursday September 18 at 10am

Enjoy an outing at Drew Farms in Westford for some apple picking with minimal walking, apple cider, and apple cider donuts. Seats are very limited so please call 978.692.5523 to sign up.



FALL FOLIAGE!

Wednesday October 8 at 9:30am

Enjoy a lovely foliage drive up **Mount Wachusett** and a delicious meal at **The Old Mill**. Cost of Lunch is on your own. Seats are very limited so please call 978.692.5523 to sign up.



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 2 hour journey and meal! Converse over afternoon coffee, sit back and enjoy a mid-day escape of a relaxing train ride. Four menu items to select from. Also included is coffee/tea and dessert. Following your excursion you will head to Hyannis for exploring and shopping. **Your Motorcoach Will Depart at 8:00 am from the Franco-American Club Returns Approximately 6:15 pm. For Reservations, Please call: 978-692-5523. Cost is \$160 pp and FULL PAYMENT DUE AT RESERVATION. 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



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

FREE HEALTH SERIES—3rd Tuesday of the Month

Tuesdays, at 4:30 pm, September 16 and October 21

Join our monthly series with professional speakers from local medical and wellness sites. September: Please join **Meredith Hobson, Director of Client Care** at the **Virginia Thurston Healing Garden**, as she talks about the benefits of a cancer support community. The Healing Garden, located in Harvard, MA, is an independent nonprofit organization dedicated to providing both onsite and virtual support to adults in Massachusetts with any type/stage of cancer, as well as their caregivers and those who are bereaved from cancer. The Healing Garden offers a variety of services, at low to no cost, in areas such as movement and nutrition, expressive arts, bodywork, support groups, meditation/mindfulness, and education. Call 978.692.5523 to participate in either program.

In October: **Jenna Corkery, Physical Therapist at Emerson Hospital's Clough Family Center for Rehab** will be here to share her knowledge about **Osteoporosis and Prevention**. Strong bones are essential for leading an independent and active lifestyle. Please sign up in advance for these popular programs at 978.692.5523.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE (SHINE)?

Monday, September 8, October 20, 27 November 3, 10, 17, 24 and December 1 by appointment.

SHINE (Serving Health Insurance Needs of Everyone) can help! Medicare health and drug plans can make changes each year: Things like cost, coverage, and what providers and pharmacies are in their networks. The SHINE (Serving the Health Insurance Needs of Everyone) Program can help you determine the best plan for you through individual meetings with a trained SHINE Counselor. To schedule an appointment with **Fred Baumert, our SHINE Counselor** (Westford resident) contact the Cameron Front Desk at 978.692.5523. Appointments are typically 45 minutes.

PLANNING FOR MEDICARE

September 23 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, so we designed this seminar to help you be confident you're making the right health coverage decisions. Please sign up by calling 978.692.5523.

HOLIDAY FOOD ASSISTANCE

The Cameron Senior Center is partnering with St. Catherine St. Vincent de Paul Society and the Westford Food Pantry again for the Westford Holiday Assistance Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal and are facing financial hardship. **If you need assistance this holiday season, please contact Alison Christopher, L.I.C.S.W. Town Social Worker at 978.399.2325 before October 15.** If you are interested in donating to the program, please contact Karen Heitkamp at kheitkamp@westfordma.gov Thanks for your consideration of this worthwhile program to support our neighbors during the holidays!



Healthy Food Resources



FREE ORGANIC VEGETABLE DISTRIBUTION

Every Thursday at 1:00 pm. #s given out at 12:45 pm

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce weekly to all Westford residents that meet income guidelines. Fuel assistance gross income criteria: household of one \$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 Tad-muck 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 pm. 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 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.

WESTFORD FOOD PANTRY

The Westford Food Pantry, located on the first floor of the Cameron, is open **Wednesdays from 5 - 7:30 pm** and **Fridays 8:30 -11 am**. Westford Food Pantry has a tremendous variety of fresh, frozen and non-perishable food, as well as some personal hygiene items. The pantry is always in need of nonperishable donations. **Donations may be dropped off at Cameron anytime the center is open.** (8am - 4pm Monday, Wednesday, Thursday, Friday & 8 am - 8 pm on Tuesdays. westfordpantry.org

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.

Social Services and Outreach News

OUTREACH

With summer over and autumn upon us there are things to think about ... putting away patio furniture, setting the clocks back, yardwork, and completing fuel assistance and property tax exemption applications. We have a wonderful handyman program that can help with small, odd jobs and the outreach staff can assist you with applying for benefits. Just simply visit us at Cameron or call us at 978.399.2326.

SENIOR LIVING COMMUNITIES FIELD TRIPS with Annette

Thursday, September 25 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. We will be visiting the **Benchmark Senior Living at Chelmsford Crossings** for a tour and lunch. They pride themselves on inspired dining, concierge services, active living and close connections. Whether you are driving or need a ride, sign up with us by calling 978.692.5523. We will accept the **first 10** that sign up; then there will be a wait list. If there are facilities you would like to tour, please let Annette know and she will try to 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

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.

LIHEAP: 'Tis the season to begin thinking about heating bills! If you are concerned about your ability to pay for heat this winter, consider applying for this federal fuel assistance benefit. The Massachusetts' home energy assistance program (LIHEAP) is a free resource, offered by Community Teamwork in partnership with the Department of Housing and Community Development, to help eligible households pay a portion of winter heating bills. No matter what type of heating source you have, LIHEAP may be able to help you pay your winter heating bills. All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance. You can apply directly through the Community Teamwork website or through Alison, Annette, and Jen B. at the senior center. **Income Eligibility:** Household income (gross) cannot exceed 60% of Massachusetts' estimated State Median Income. The income limits can be found on the Community Teamwork website a <https://toapply.org/cti>

FINANCIAL CONSIDERATIONS

BEFORE AND THROUGHOUT YOUR RETIREMENT SERIES

Tuesday, October 21 at 5 pm

Topic: Creating Your Estate Plan

Marshall Marshall Tisdale, AAMS™, CEPA®, from Edward Jones, The *Creating Your Estate Plan* presentation is designed to help you better understand the basics of estate planning so you can consider the options that make the most sense for your specific situation. Participants will learn what to consider when creating a will, the benefits of trusts in estate planning, how to help reduce taxes on estates and how insurance can help protect your family. There will be an opportunity to ask questions. Please sign up for this informative workshop at 978.692.5523



FINANCIAL LITERACY ACADEMY

Wednesdays, beginning September 10

6 Weeks, No Class Sept. 29

We're excited to announce this new 6-week class, brought to us by the nonprofit Community Teamwork (CTI). This class aims to equip participants with the essential knowledge and skills to make informed and effective financial decisions. Topics include budgeting, credit, savings, and financial planning. The class is offered at no cost. Participants must commit to attending all classes. 6 weeks in the morning (exact time TBD). Call the front desk to sign up 978.692.5523.



PROPERTY TAX EXEMPTION PRESENTATION

Wednesday, September 24 at 10:00 am

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 and if you are interested in learning more about your options, please call to sign up for this presentation by the staff of the Assessor's Office. 978.692.5523.

FALL YARD CLEANUP- SIGN UP BY FRI. September 26

With autumn around the corner, it is time for us to start thinking about fall yard cleanups. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.* We apologize in advance if we cannot help every person who asks. Please call the front desk at 978.692.5523 for your name to be added to the requestor's list by **Friday, September 26**. Please also note that many of the volunteer groups may not be able to get the work done until mid-November. Any questions, feel free to contact Outreach at 978-399-2326



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

*Please let our Registrars know at Program Signup if you have a food allergy / special dietary need. Special thanks to the Friends of the Cameron Senior Center for their financial assistance sponsoring this event.

MEN'S BREAKFAST *

Come enjoy some interesting discussion and delicious breakfast prepared by several of our favorite breakfast chefs: Marcel Lacombe, Bob Benoit, and John Lasna. The chefs will prepare eggs, sausage, bacon, and potatoes with sides that include english muffins, fresh pastries, fruit salad, and, of course, beans!

Monday, September 8 at 8 am : Learn about the Mad Cap May and the Hope Diamond with Jim Pecora

Monday, October 20 at 8 am: A brief History of Westford with Bob Olyphant.

If you have any suggestions for upcoming speakers, please speak with Ken Hyle. Suggested donation is \$5.00 please sign up at 978.692.5523.

WOMEN'S LUNCH*

Friday, September 26 at 12 pm

Join our own Dave Adrien as he gives a presentation about birds.

Friday, October 10 at 12 pm

Come listen to Cathy Tammany from Community Teamwork as she discusses home modification loans. **The Cost will be \$5.00. Please call to sign up at 978.692.5523**

MOVIE SHOWINGS*

Tuesdays, September 9 and October 14 at 5 pm

Join us in September for the comedy/drama, the *Dressmaker* starring *Kate Winslet* and in October the documentary, *Still – A Michael J. Fox movie*. \$5.00 will get you a movie, popcorn, refreshments and a light meal. Call to sign up at least 3 days prior at 978.692.5523.



LUNCH AND LEARN

Friday October 17 at 12pm

Join us for an educational event on home safety. This program is in collaboration with Habitat for Humanity, The Westford Health Department, The Westford Police and Fire Departments, The Community Wellness Coordinator, and the Cameron Senior Center. Thank you to

Ebi Masalehdan for donating first aid kits. Thank you Westford Remembers for Sponsoring this lunch. Please call to sign up at 978.692.5523.

FISCO LUNCH

Wednesdays at 11:30 am - 1:30 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:

September 3 Healthy Aging, **September 10** Therapy Talk, **October 22** Savings Talk and **No Lunch on Wednesday October 29 due to the Friends Harvest Fair.** RSVP on website www.thefisco.org or call the front desk at 978.692.5523 to reserve spot and lunch.

"SALAD and a SLICE" FUN FRIDAY

Friday, September 5; 12 pm

It's National Cheese Pizza Day! Come celebrate with FRIENDS and enjoy a slice of cheese pizza. Sponsored by Friends of the Cameron. **No charge to FRIENDS members; \$5 to non-members.** Pizza Trivia. Space is limited. Must sign up or call 978-692-5523 by Wed. September 3rd.



KIMBALLS END of the SUMMER PARTY

Wednesday, September 10th at 12 pm

Come to Kimball Farms for a day of fun by enjoying activities and one another's company. The Kimball experience includes: One Round out of 18-hole Mini Golf Courses, 1 Bumper Boat Ride, 1 Ride on Bumper Cars, 1 Small Bucket of Balls at the Driving Range, 1 Round of 9-Hole Pitch and Putt and batting cage tokens! Lunch will be your choice of Burger or Cheeseburger, Veggie Burger, or 1/4 lb. All Beef Hot Dog. Also enjoy some delicious Ice Cream. There will be **music entertainment: Mickey Lorden.** **Cost is \$20.** RSVP at 978.692.5523 and please indicate your sandwich selection when you register.



RESTAURANT REVIEW

Wednesdays, September 24 and October 22 at 11:30 am

In September let's meet for **Italian at Amici Trattoria**, 7 Summer St., Chelmsford. Our October gathering is a week earlier so people can attend the Cameron Harvest Fair on the 29. On Oct 22 get ready to try some delicious **Indian Food at Shri Masala Café** at 313 Littleton Rd, Unit 12, Chelmsford. 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.

BIRTHDAY CELEBRATION

Friday, October 31 at 12 pm

Let's celebrate the October, November, and December Birthdays with spooky fun by making a fall craft and enjoying a mystery lunch. Lunch is sponsored by Rivercourt Residence. Please sign up by 978.692.5523.



HAM & BEAN SUPPER

Date TBD at the Franco

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

JIM GERAGHTY'S FAMILY AND FRIENDS 28TH ANNUAL THANKSGIVING DINNER FOR WESTFORD SENIORS

Sunday, November 23, at Westford Academy

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CENTER CLOSED FOR LABOR DAY</p> 	<p>2</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 10:00 Advanced Mindful Movement 10:30 Spanish Class 12:15 Bone Builders 1:00 Open Art Studio/ Whole Foods /TJs 2:00 Ping Pong 4:00 Vet to Vet 4:30 Game Night 6:00 Tai Chi / Qigong</p>	<p>3</p> <p>8:00 Billiards 9:30 Bone Builders 11:30 FISCO Lunch with Program 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 5:00 Food Pantry</p>	<p>4</p> <p>8:00 Billiards 9:00 Bridge 10:00 Upbeats Band 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Whole Foods / TJs</p>	<p>5</p> <p>8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Salad and a Slice Fun Friday 2:45 Tech Help</p>
<p>8</p> <p>8:00 Billiards 8:00 Mens Breakfast 9:00 Hike with Mike 9:30 Bone Builders 9:30 Hearing Screening 11:00 Ask the Realtor 12:00 BINGO 12:00 Gentle Yoga 12:30 SHINE 1:00 Whole Foods / TJs 7:00 Toastmasters</p>	<p>9</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Blood Pressure and More 9:00 Mindful Movemnt, Open Art Studio 10:00 Adv. Mind Mvmt/Well Being Fitness 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio / Health Day 2:00 Ping Pong 4:00 Vet to Vet / WellFit Circuit Training 5:00 Movie Night 6:00 Tai Chi / Qigong</p> <p>HEROES OF HUNGER FILL THE VAN FOR THE WESTFORD FOOD PANTRY— 8:30 AM - 7:00 PM</p>	<p>10</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch with Program 12:00 Kimballs End of Summer Party 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 5:00 Food Pantry</p>	<p>11</p> <p>8:00 Billiards 9:00 Bridge 10:00 Upbeats /Well Being Fitness 10:30 Spanish Class 11:00 Ask the Detective 11:00 Ask the Fire Prev. Officer 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Watercolor Class 1:00 Whole Foods / TJs</p>	<p>12</p> <p>8:00 Billiards 8:30 Food Pantry 9:00 Coffee with Colin 9:30 Music Makers 9:30 Ping Pong 9:30 Ask the Lawyer 10:00 Sewing / Quilting 12:00 BINGO 2:45 Tech Help</p>
<p>15</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Meditation 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 7:00 Toastmasters</p>	<p>16</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Adv. Mind Mvmt/Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Book Club, Ping Pong 4:00 Vet to Vet 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>17</p> <p>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 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 4:00 COA Board Meeting 5:00 Food Pantry</p> <p>Cape Cod Lunch Train Tour Depart Franco 8 am, Return 6:15 pm</p>	<p>18</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 COA Van Trip - Apple Picking 10:00 Friends Board Meeting 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Watercolor Class 1:00 Whole Foods / TJs 2:00 Westford Constituent Hour</p> <p>65 and Older FLU CLINIC- Millenium behind Abbot noon - 4 pm</p>	<p>19</p> <p>8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 1:00 Delvena Live Theatre Show 2:45 Tech Help</p>
<p>22</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Online Registration Training 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 6:30 Westford Women's Club 7:00 Toastmasters</p>	<p>23</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Adv. Mind Mvmt/Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:00 Vet to Vet / WellFit Circuit Training 5:00 Planning for Medicare 6:00 Tai Chi / Qigong 6:00 Dementia Caregiver Support Grp</p>	<p>24</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Property Tax Exemptions 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 Restaurant Review 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 2:45 Tech Pals 5:00 Food Pantry</p>	<p>25</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Senior Living Field Trip 11:00 Visit with Chips 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Watercolor Class 1:00 Whole Foods / TJs</p>	<p>26</p> <p>8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Women's Lunch 2:45 Tech Help</p> <p>Deadline to Sign Up for Fall Cleanup</p>
<p>29</p> <p>8:00 Billiards 9:30 Bone Builders 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 7:00 Toastmasters</p>	<p>30</p> <p>7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Adv. Mind Mvmt/Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:00 Vet to Vet / WellFit Circuit Training 5:00 Dinner with Donna & DJ Brett 6:00 Tai Chi / Qigong</p>			<p>September 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>October 2025</h1>		1 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 5:00 Food Pantry	2 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Watercolor Class 1:00 Whole Foods/TJs	3 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 BINGO 2:45 Tech Help 6:00 Tim Kelly at the Franco!
6 8:00 Billiards 9:30 Bone Builders 9:30 Hearing Screening 9:30 Survey Review Meeting 11:00 Ask the Realtor 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 7:00 Toastmasters	7 7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 Adv Mind Mvmt/WellBeing Fitness 10:15 Chair Movement 10:30 Spanish Class 12:15 Bone Builders, 1:00 Open Art Studio 2:00 Ping Pong 4:00 Vet to Vet / WellFit Circuit Training 4:30 Game Night 6:00 Tai Chi / Qigong	8 8:00 Billiards 9:00 Well Being Fitness 9:00 Hike with Mike 9:30 Bone Builders 9:30 COA Van Trip - Mt. Wachusett 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 5:00 Food Pantry	9 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats /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 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Watercolor Class 1:00 Whole Foods/TJs	10 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Women's Lunch 2:45 Tech Help
<p>13</p> <p>Center Closed</p>  <p>INDIGENOUS PEOPLES' DAY</p>	14 7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Blood Pressure and More 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 Adv Mind Mvmt/WellBeing Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio/Whole Foods/TJs 2:00 Ping Pong 4:00 Vet to Vet / WellFit Circuit Training 5:00 Movie Night 6:00 Tai Chi / Qigong	15 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 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 2:45 Tech Pals 4:00 COA Board Meeting 5:00 Food Pantry <p style="text-align: center;">Deadline to Apply for Holiday Food Assistance Program</p>	16 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Friends Board Meeting 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Whole Foods/TJs 2:00 Westford Constituent Hour <p style="text-align: center;">FLU CLINIC- Westford Academy 4 pm-8 pm</p>	17 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Lunch and Learn 2:45 Tech Help
20 8:00 Billiards 8:00 Men's Breakfast 9:30 Bone Builders 10:00 Meditation 12:00 Gentle Yoga 12:00 BINGO 12:30 SHINE 1:00 Whole Foods/TJs 6:30 Westford Women's Club 7:00 Toastmasters	21 7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 Adv Mind Mvmt/WellBeing Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Book Club 2:00 Ping Pong 4:00 Vet to Vet / WellFit Circuit Training 4:30 Health Series 5:00 Financial Creating Estate Plan 5:30 MMRRC Train Club 6:00 Tai Chi / Qigong 7:30 Radio Club (PART)	22 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch with Program 11:30 Restaurant Review 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 5:00 Food Pantry	23 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Whole Foods/TJs 1:00 Watercolor Class <p style="text-align: center;">FLU CLINIC- Westford Academy 4 pm-8 pm</p>	24 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 1:00 Trivia with a Twist 2:45 Tech Help
27 8:00 Billiards 9:00 Hike with Mike 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 12:30 SHINE 1:00 Whole Foods/TJs 7:00 Toastmasters	28 7:30 Golf at Quail Ridge 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 Adv Mind Mvmt/WellBeing Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:00 Vet to Vet /WellFit Circuit Training 6:00 Tai Chi / Qigong 6:00 Dementia Caregiver Support Grp	29 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 5:00 Food Pantry <p style="text-align: center;">ANNUAL FRIENDS HARVEST FAIR 10 AM-3 PM</p>	30 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Visit with Chips 12:00 Hand and Foot 12:45 Bone Builders 1:00 Gaining Grounds at WHA 1:00 Whole Foods/TJs 1:00 Watercolor Class	31 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Birthday Celebration 2:45 Tech Help

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Trudy's Boutique open daily from 9am - 3pm

Social and Enrichment Activities

BOOK CLUB

Tuesdays, September 16 and October 21 at 2:00 pm

Readers, consider joining this wonderful group in our cozy library for hearty discussions. In September we will review the historical fiction, *The Vanishing Half* by Brit Bennett and in October the classic, *Pride and Prejudice* by Jane Austen.

You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978.399.2326



ACORN TO OAKS

Wednesdays at 10 am September 17 and October 15



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

TECHNOLOGY HELP

Fridays at 2:45 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 2:45 pm, September 24 and October 15

Monthly we will be having a technology help workshop done by a nonprofit called Tech Pals: At TechPals, our goal is simple: empower seniors to navigate today's tech-driven world with confidence and joy! How do we do it? By bringing in the next generation of tech experts – highschool 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](#)

MUSIC MAKERS TO OPEN THEIR SEASON

Fridays at 9:30 am

We are pleased to announce that The Music Makers choral group will be returning for another season, beginning on **Friday, September 5 from 9:30 to 11:00 AM**. They will meet regularly on most Fridays and will most likely perform on occasion. The atmosphere is casual and the group consists of people who enjoy singing and who also enjoy the camaraderie that is fostered when preparing for performing, or when just singing songs together. New singers are always needed and are welcome. Think about making music together to escape the pressures of the world. See if it's fun for you. Come and join. Tom Boyer, Director. The Cameron Music Makers are sponsored in part by The Friends of Cameron.

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.

DOLLHOUSE RESTORATION

Are you interested in learning how to restore a dollhouse and make miniature furniture? If interested please call 978.692.5523 to be added to a list for more information.

VISIT WITH CHIPS

Thursdays at 11 am September 25 and October 30



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.

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**. For more info, visit the club website at wb1gof.org or send an email to info@wb1gof.org.

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. Visit <https://bit.ly/WestfordExpressions> for more information.

WESTFORD WOMEN'S CLUB

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

Next Meetings - Cameron Senior Center in the Multipurpose Room
September 22, 2025 at 6:30 pm "Salads and Sweets" Light Supper. Come and hear plans for club activities.

October 20, 2025 at 6:30 pm Prospective members welcome.
48 years of social and volunteer service.

Join us! RSVP to westfordwomensclub@gmail.com



Cameron ping pong players pose for a fun shot!

Arts and Crafts

WATERCOLOR CLASS WITH PAULA (6 Weeks)

Thursdays starting on Sept. 11 - Oct. 23,
No Class October 16
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 \$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



would love to see you!

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

Games

GAME NIGHT

Tuesdays, September 2 and October 7 at 4:30 pm
We have a lot of laughs trying new games that are easy to learn! In September let's play the matching card game called **SET** and in October we will get physical with corn hole, ladder golf, balloon volleyball and more. The cost is **\$4.00** for refreshments and a light meal. Please sign up in advance for planning purposes, 978.692.5523. **Thank you to the Friends of the Cameron for subsidizing costs.**



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 (except holidays) at 12 pm
One Friday per month, September 12 and October 3 at noon.
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
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

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 978.505.1678

carrie.hines@compass.com

Nancy Allam
M 978.505.8865

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 Membership year is **July 1, 2025 - June 30, 2026**

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Please accept my DONATION. AMOUNT \$ _____

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Drop off or Mail to:

Friends of Cameron, 20 Pleasant St., Westford, MA 01886.

Checks made payable to: *Friends of Cameron*. Questions call 978-692-5523. To become a member, renew memberships and donate also visit www.westfordmafriendsofcameron.com



FRIENDS of the CAMERON ANNUAL GIFT CARD FUNDRAISER

The Holidays are fast approaching, and the FRIENDS of the Cameron want to make your gift giving easier. What do you give your adult children or teenage grandchildren that they will appreciate most? ... GIFT CARDS! You pay only the face value of the card while the FRIENDS make money on every card you buy. Order forms will be available in the lobby beginning in October. Orders will be due no later than **Fri., Oct. 31** for delivery before Thanksgiving and **Fri. Dec. 5** for Holiday delivery. While you're at it, buy cards to your favorite stores and restaurants for your own use during the year!



IMPORTANT SURVEY

Please participate in our survey starting September 1, and continuing through September 30! We value and appreciate your input. For submitting your survey, you will be entered into our drawing for the great prizes found below.



Scan the QR code to take the survey or take it online at <https://tinyurl.com/WestfordCOA-Survey>. You can also mail the survey in, or take it in person at the Cameron

One of our goals is to help brand our center and use the same name when referring to our center in written or spoken words.

1. What name comes to mind when you think of our center? Please circle one:
 - The Cameron Senior Center
 - The Senior Center
 - The Cameron Center
 - The Cameron
 - The Westford COA
 - The COA
 - Other (please provide name) _____

2. What words, symbols, or imagery best represent the COA / Senior Center?

3. What activities do you enjoy **most** at the center?

4. What new programs, classes, meals, or services would you like to see?

All participants of the survey will be entered into a drawing to win a prize. Three lucky participants will win the following prizes!

1. \$100 /trip Credit toward one of our bus Trips.
2. A Cameron Bucks Card (estimated \$55 value for use at the Cameron; not valid at Trudy's Boutique)
3. Market Basket \$50 Gift Card

Name _____

Phone Number _____

Please cut out this completed survey and return to the Lobby Survey Drop Box or return by mail to Cameron Senior Center, 20 Pleasant St., Westford, MA 01886 by 9/30/25. Thank you for participating in this important survey!

Upcoming Public Meeting: Monday, October 6 at 9:30 am

Join Cameron Director and team members for a community discussion to review survey feedback, explore ideas for branding, and plan future programs and services. Enjoy light refreshments, connect with others, and share what makes the Cameron meaningful to you. **Survey prize winners will be announced during this meeting!** Please RSVP to jclaro@westfordma.gov or call 978.692.5523.



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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 Coordinator/Social Media Mgr
Christopher Mitchell, Maintenance Supervisor
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
Steve Harrington, Van Driver
Ed Jarvis, Van Driver
Lisa Nee, Van Driver and Assistant Dispatcher
Pam Rovendro, Van Driver

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Terry Stader, Vice Chair
Kathryn Wilson, Clerk
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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 Sept 17 & Oct 15 at 4 pm
Friends Board: Sept 18 & Oct 16 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.

