



AT THE CAMERON



SPECIAL PERFORMANCE! TONY FUNCHES

Former lead vocalist for **The Platters**

Friday, November 14 at 1:00 pm

Tony has performed worldwide and offers a wide vocal range while reproducing The Platters' biggest hits. You will want to clap, sing and dance as Tony serenades the room with his music, charm and warm humor. This **FREE PROGRAM** is sponsored by the **Friends of Cameron**. Space is limited so don't let the "Smoke Get in Your Eyes"- you must register to hold your seat. Call the front desk to sign up 978.692.5523.

VETERANS LUNCH

Wednesday, November 12 at 12:00 pm at Paul's Diner

In honor of Veterans Day, Westford Veterans and their spouses are invited for a complimentary lunch (limited menu). We would like to thank our wonderful sponsors:

The Westford Fund, Westford House, Westford Remembers and Friends of the Cameron for helping to make this wonderful event possible. Please Sign up at 978.692.5523



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. Transportation is available if needed.

SPECIAL TOWN MANAGER AND SELECT BOARD HOLIDAY BREAKFAST

Wednesday, December 3 at 8:30 am

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



HOLIDAY LUNCHEON AT THE WESTFORD REGENCY

Wednesday, December 10 at 11:45 am

We are happy to share with you an opportunity to stroll through the Festival of Trees while enjoying the music of our very own 'Upbeats Band' playing many traditional holiday favorites starting at 10:30 am prior to lunch. You will see many beautifully and most creatively decorated Christmas trees and wreaths.

Once again, we will enjoy the performance of the talented **Westford Academy Honor's Chorus**.

Holiday menu: Salad, Roast Pork, starch and vegetable, Holiday dessert, tea, and coffee. **Cost:** Friends members **\$19** and non-Friends members **\$37. Limited Seating. Reservations are a must by December 1,** call 978.692.5523. **Please let us know if you will need a vegetarian meal when you sign up.** Transportation will be available, just call 978.399.2322 to reserve your van seat.



THANKFUL FOR OUR VOLUNTEERS!

Friday, November 21 from 10 am - Noon

At this time of thanksgiving, the Cameron team is so grateful to our many volunteers! Thank you for all that you do for and alongside us! We're thankful for your willingness to give your time and talents. All are invited to join us in the lobby to enjoy light nibbles and treats to thank and celebrate our volunteers.

NOVEMBER / DECEMBER PROGRAM REGISTRATION

As we are in transition to using **Online Registration**, we decided that for the November & December registration we will have five classes that need to sign up online to register for the program. These classes are the Tuesday and Thursday Wellbeing Fitness Class, the Wednesday Wellbeing Fitness Class and the Zumba Class, Intermediate Yoga and Gentle Yoga. 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.

All registrations for November / December Programs will begin Monday, November 3 at 8 am. Don't forget Daylight Savings Time on Sunday, November 2!

SENIOR CENTER CANCELLATIONS OR CLOSING

The Cameron follows the same inclement weather procedures as Town Hall. To find updated information concerning delayed opening or closure go to <https://westfordma.gov> or call the center after 6:30am at 978-692-5523. Please be safe and double check before heading out! If you have questions about being prepared for severe weather, please reach out to our social service/outreach team by calling Alison Christopher- 978.399.2325, Annette Cerullo/Jen Beale- 978.399.2326. If you are in an emergency, you should always feel comfortable calling 911, as the Westford Fire and Police departments are ready to help you.



Director's Column

Dear Friends,

As we head into the holidays and winter season, at times we can be faced with quieter moments, anxiety, financial hardship and perhaps increased isolation. Please know that Cameron can assist with connecting you to various resources such as:



Westford Rental Assistance Program (WRAP)- a partnership between the Cameron and Westford Housing Authority assisting income eligible households with rental subsidy for up to three years based on funding, eligibility and program participation. Rent subsidies are as follows: 1st year-\$700 monthly, 2nd and 3rd year \$500 monthly. The goal of this program is to provide greater housing stability and opportunities for cost-burdened renters in Westford. Qualifications: All gross household income must be at 50% of Area median Income for Greater Lowell area: 1 Person-\$47,950, 2 Person- \$54,000, 3 person-\$61,650, 4P- \$68,452, etc.. The household must spend more than 30% of its gross household monthly income towards rented housing costs. Households receiving government funded rental assistance such as Section 8, MA Rental Voucher Program or State and Federal housing are not eligible for program. To learn more call Alison Christopher, Town Social Worker at 978.399.2325.

Support for Housing Emergencies: The Westford Housing Authority and Affordable Housing Trust offer Westford Emergency Rental Assistance Program (WERAP) funding for households of any age who are experiencing a rental housing crisis. Renters who are at risk of eviction must apply for RAFT first and receive a determination (<https://www.mass.gov/how-to/apply-for-raft-emergency-help-for-housing-costs>). They can then apply for WERAP for additional funding after RAFT or to take the place of RAFT (if household is ineligible). If you have questions about this program, contact Westford Housing Authority at 978.692.6011. If you need information or application assistance, call Alison Christopher at 978.399.2325.

Free Mental Health Support: Westford now has a no cost clinician to support residents on wait lists for mental health appointments. If the intake staff determines the service is appropriate for your situation, you will be offered 8 – 10 sessions, while awaiting longer term services. Services are provided free of charge, made possible by the Greater Lowell Health Alliance grant. To request a screening for eligibility, call Nicole Laviolette at 978.399.2503 for ages 4 to 25 and Alison Christopher 978.399.2325 for ages 26-100 +.

Please know there are many other resources that the Cameron Community can provide you with, including new hobbies, fitness class, billiards, singing/Cameron band, crafting, card games, meal opportunities, special events, friendship, helpful staff/wonderful volunteers and always an open door to you.

Warmly,
Jennifer

Hero for Hunger Fill the Westford Food Pantry Van- A Great Showing!

I want to thank the donors; COA staff and our volunteers named below for making this first annual food drive a success, of special note our generous volunteers: Micki Flatt, Phyllis Carrow, Rae Dick, Hal and Marlene Lobo, Barbara Carroll, Kathy Dasilva, the Smith family, and the Westford Police department (Captain Berault, Lt. Gendron and Officers Mills, Fitzgerald, and Silton) We look forward to next year and filling the van four times. Also, mark your 2026 calendar for the second Tuesday of September and more to come.

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

Friends Corner

Thank you to everyone who supported **An Evening with Tim Kelly** in October. Our appreciation to both Tim Kelly and the Franco American Club for their accommodations and for working with the FRIENDS so we could offer event tickets at an affordable price. This was an opportunity for the Friends to sponsor a different kind of entertainment experience. More to come!

Thank you also to everyone who supported this year's **Harvest Fair**. Volunteers, donors- and shoppers - all helped make it another FUN day at the Cameron, and a FUNraising success.

In October we welcomed **Erin Nielson** as the newest member of the FRIENDS Board of Directors. Erin brings a background as a Family Attorney with interest in transitioning to Elder Law. Welcome aboard, Erin.

This month the FRIENDS is excited to sponsor another musical program- **Tony Funches**, renowned lead singer with the Platters, will be at the Cameron Friday, November 14th. It's a FREE PROGRAM but "Only You" can sign up to reserve your seat!

And "Do Not Pass Go"! We're getting FRIENDS together to play Monopoly November 18th. See Page 12, Games Section.

The FRIENDS of the Cameron is happy to once again be a sponsor of the **Holiday Luncheon** at the Westford Regency, an event sure to put you in the holiday spirit. Remember, one of the benefits of your annual FRIENDS membership is the **reduced price offered for events like this**.



If **charitable giving** is one way you share holiday spirit, remember the FRIENDS, a 501(c)(3). Donations can be made on the Friends website or using the Donation Form available in the lobby. Or maybe this is the year you consider funding a charitable gift with tax benefits. Bronze-Silver-and Gold Level Donors for 2025 will be recognized in the January newsletter. See page 13 of this newsletter for our membership form.

Don't forget to stop into **Trudy's Boutique** for seasonal specials.

Have you visited the new Friends of Cameron website? For information on the mission of the Friends, Trudy's Boutique, how to become a Member or to make donations, please visit westfordfriendscameronseiorcenter.com

Lynne Stader, President



FRIENDS GIFT CARD FUNDRAISER- Final Weeks to order!

Let the FRIENDS of the Cameron make your holiday gift giving easier. When you purchase retail gift cards through the FRIENDS, you pay only the face value of the card, while the FRIENDS make money on every card you buy. Order Forms are available in the lobby. Pick up your Order Form soon, and don't forget to purchase a few for yourself. Stores you go to regularly can be found on the list. This is one of the easiest ways to support the fundraising efforts of the FRIENDS. **Early orders were due by October 31** for delivery before Thanksgiving, but a second order will be submitted for holiday delivery. **Final orders are due by Friday, December 5th** for Holiday delivery. You will be contacted when your order is ready for pick up, expected delivery in 7-10 days. This is one of the easiest ways to support the FRIENDS!



Community Resources

HEARING SCREENING

Mondays, November 10 and December 8 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 December 2 at 9 am
No Blood Pressure on November 11 in honor of Veterans Day
 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.

ASK THE DETECTIVE

Thursdays, November 13 and December 11 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, November 13 and December 11 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 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>

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 Veterans Service Officer and Army Veteran **Colin Bode**.

WESTFORD CONSTITUENT HOUR

Mondays, November 17 and December 15 from 2 - 3 pm
 Join Representative Arciero's District Director, Anita Tonakarn-Nguyen, 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

Tuesday, December 9 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, November 10 and December 8 at 11:00 am
 Call 978.692.5523 to schedule an appointment.

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. The program is no longer accepting applications for assistance, but we still need donors for this program. 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! If you are receiving holiday assistance from the Westford Holiday Assistance Program, you can pick up your gift card(s) on **Sat. Nov. 15** per the instructions of the postcard you received.



Upcoming Events

GROTON HILL MUSIC CENTER COMMUNITY CONCERTS

Wednesday, November 19 at 12 pm
 Groton Hill Jazz Faculty. See our talented jazz faculty members perform together on our Concert Hall stage this fall! **Jerry Sabatini**, Trumpet, **Mike Caudill**, Saxophone, **Chris Brown**, Guitar, **Doug Harrison**, Bass, and **Dave Fox**, Drums. Please call to sign up at 978.692.5523 space is limited.

JOIN KATIE for CAROLING, COCOA and COOKIES at the Newly Renovated Farmhouse at Good Pickin' Farm

Thursday, December 4 at 10 am
 Come enjoy the warm farmhouse charm so festively decorated for the holidays. You will be treated to caroling and the sounds of the holidays by accomplished concert pianists, Tish Kilgore. It will be a relaxing time embellishing the spirit of the holidays. RSVP at 978.692.5523 Limited spots **This program is sponsored in partnership by Friends of the Cameron**



THE METROPOLITAN OPERA: ANDREA CHÉNIER

Location: O'Neil Cinemas, The Point, 1200 Constitution Ave., Littleton Sat., Dec. 13 at 1:00 pm Duration 3hr 31min

Director: Daniele Rustioni. Giordano's passionate tragedy stars tenor Piotr Beczala as the virtuous poet who falls victim to the intrigue and violence of the French Revolution. Following their celebrated recent partnership in Giordano's *Fedora* in the 2022–23 Live in HD season, Beczala reunites with soprano Sonya Yoncheva as Chénier's aristocratic lover, Maddalena di Coigny, with baritone Igor Golovatenko as Carlo Gérard, the agent of the Reign of Terror who seals their fates. **Cost: \$12 RSVP at 978.692.5523 to confirm reserved seating. Please note that the COA van will not be running for the opera show due to it being on a weekend and that is not during normal operating hours.**

LIBRARY FUNDRAISING PRESENTATION AT CAMERON SENIOR CENTER & CHARITABLE GIVING AND YOUR FINANCIAL STRATEGY

Wednesday, November 12 at 10:00 am
 In 2022, the J.V. Fletcher Library was awarded a construction grant from the Massachusetts Board of Library Commissioners (MBLC). Fundraising for the expansion and renovation of the library – the portion that is not covered by the Town or by library construction grants – is being conducted by the J.V. Fletcher Library Friends' Foundation. Come and hear about the different ways you can help the Library with its fundraising efforts from JV Fletcher Friends' President, Mary Anne Seraphin. **Marshall Tisdale, AAMS™, CEPA®, from Edward Jones will share how you can find the appropriate charitable-giving path for your unique financial strategy and life stage.** There will be an opportunity to ask questions. Sign up for this informative workshop at 978.692.5523.



★THANK YOU!★

Our recent Live Theatre performance by Delvena Theatre Company of **"The Incredible Mae West!"** was a wonderfully entertaining, humorous, yet informative production with insight into her fascinating 80-year show business career! Thank you to Delvena Theatre for a truly unique experience! I would especially like to thank the fun group of volunteers who helped scoop and serve ice cream for the traditional after-show root beer floats! **Anita Amos, Peggy Siegel, Edna MacNeil and Frances Kosenko**, whose help made everything a lot easier! Thanks to all!

Claire 😊

FRIENDS OF THE POOR WALK

Tuesday, November 11 at 9:00 am
 The Westford Friends of the Poor Committee will be having their annual walk leaving St. Catherine's at 9:00 am. This walk raises funds for the local charity St. Vincent de Paul Society that helps many residents and our town food pantry. The 300 walkers have passed by the Cameron for the last 15 years and appreciate our advertising, water station and restroom stop. Much thanks to Edna MacNeil and Doris Sirois for volunteering to support this worthy cause. Call Julie Oliver at St. Catherine's for more information. 978.692.6353.



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. Nov 18 - Dec. 30; No class on Veterans Day
Thurs. Nov. 13 - Dec. 18

No classes on Thanksgiving, Christmas, and New Years Day
Class Starts at 9:15 am

For safety reasons and the courtesy of others: 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 just Tues. the cost is \$21, for just Thurs. the cost is \$15, and for both Tues. and Thurs. classes the cost is \$36. Non-resident's cost for just Tues. is \$35, for just Thurs. is \$25 and for both Tues. and Thurs. classes the cost is \$60.

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



CHAIR MOVEMENT with CAROL WING

Tues. Nov. 18 - Dec. 30; No class on Veterans Day
Thurs. Nov. 13 - Dec. 18;

No classes on Thanksgiving, Christmas, and New Years Day
Class Starts at 10:15 am

For safety reasons and the curtesy of other class members late attendance will not be accepted and 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 Just Tuesdays the cost is \$21 for just Thursdays the cost is \$15 and for both Tuesday and Thursday classes the cost is \$36. Non-resident's cost for just Tuesdays is \$35. The cost for just Thursdays is \$25 and for both Tuesday and Thursday classes the cost is \$60. Sign up at 978.692.5523.



MINDFUL MOVEMENT

Tuesdays - November 4 - December 30; No class on Veterans Day
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 - November 4 - December 30; No class on Veterans Day
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.

MEDITATION

Monday, Nov. 17 at 10am and Monday, Dec. 15 at 10am

Join Nicole Laviolette the Town of Westford Community Wellness Coordinator for a monthly Meditation. Please 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. ***First Tues. session of each month starts at 12:15 pm, not 1:00 pm. We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center at no cost!**



WELL-BEING GROUP CONDITIONING TWO SESSIONS PER WEEK

Tuesdays and Thursdays at 10 am

14 Classes beginning Tues, Nov. 4 – Thurs, Dec. 23

No Classes November 11, 27, December 25 and January 1

Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford (next to Eastern Bank). A full body conditioning class focuses 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. **Class fee:** Westford residents- \$112 and non-residents- \$126. **Must sign up online at <https://myactivecenter.com>**

WELL-BEING GROUP CONDITIONING ONE SESSION PER WEEK

Wednesdays at 9 am

8 weeks beginning Nov. 5 – Dec. 31; No Class on December 24

Class Location: Well-Being Fitness Gym (see description of location and class for two-session class above). Class size is limited. **Class fee:** Westford residents' \$64 non-residents- \$72. **Must sign up online at <https://myactivecenter.com>**

GENTLE YOGA

Mondays at 12 pm

8 weeks beginning Nov. 10 - Dec. 29

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

INTERMEDIATE YOGA

Wednesdays at 11 am

7 weeks starting Nov. 5 – Dec. 31

No Classes Nov. 26 and Dec. 24

Join Meghan Kwartler from Well Being Fitness and Yoga. Class size is limited. Please call to sign up at 978.692.5523. **Class fee:** Westford residents- \$42 and non-residents- \$49. **Must sign up online at <https://myactivecenter.com>**



If you would like to participate in a class and you have a financial hardship, please see our social service staff for financial scholarship!

Health & Wellness - Information and Resources

FREE HEALTH SERIES—3rd Tuesday of the Month

Tuesdays, at 4:30 pm, November 18 and December 16

Join our monthly series with professional speakers from local medical and wellness sites. Don't miss this valuable information for you and your loved ones.

Join us in November for a viewing of the **2025 Alzheimer's Association International Conference session AAIC For All: Community** to learn about the latest Alzheimer's treatment, diagnosis, prevention, and care discoveries from global experts. If interested, this could lead to a community education program on AD and related dementias. Angie Aldebol, a Mass. Alzheimer's Disease Research ambassador, will host.

In December, the presentation by Taramatie Lachmenar, Certified Therapist of *Illusions of Samsara, LLC*, offers older adults' guidance and support in navigating **life transitions during the holiday season**. Together, you'll explore the emotional impact of change, share coping strategies, and discover ways to create meaning, connection, and joy during this time of year. Please sign up in advance for these popular programs at 978.692.5523.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE (SHINE)?

Tues., Nov. 4, and Mondays Nov. 10, 17, 24 & Dec. 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 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. Please bring Medicare Card or any other plan cards including your MassHealth card if applicable. **IMPORTANT INFORMATION:** If you are new to Medicare and your Birthday is before March of 2026, schedule an appointment during open enrollment. If you have a problem that needs immediate resolution schedule an appointment during open enrollment. If you want to review your Medicare options for 2026 schedule an appointment during open enrollment. If you are turning 65 in March of 2026 or later, schedule an appointment in January. If you only want a drug search for 2026 and have no questions, no appointment is necessary and please pick up a form at the front desk, then fill it out and give it back to the front desk to give to the SHINE Counselor. If you are currently employed and will continue working after you are 65 please give the Front Desk your phone number to give to the SHINE counselor and he can let you know if you need an appointment or not.

SO MANY TO THANK!

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



Healthy Food Resources

WHOLE FOODS / TRADER JOE'S DISTRIBUTION

Mondays and Thursdays at 1:00 pm*

For those interested in participating in a Food Distribution Program open to all incomes of households **age 55 and older**. Numbers are given out 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

Wednesdays from 5 - 7:30 pm

Fridays 8:30 -11 am

CLOSED NOVEMBER 26 AND 28, DECEMBER 24, 26 AND 31

The Westford Food Pantry is located on the first floor of the Cameron Senior Center. 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. The pantry is in need of more volunteers. Please contact twbaker1021@gmail.com if interested in volunteering. westfordpantry.org

Each year, the Westford Food Pantry partners with the Cameron Senior Center and St. Catherine St. Vincent de Paul in the Westford Holiday Assistance Program to provide food assistance to families in our community, who are experiencing hardship. The Program also provides financial assistance for holiday gifts for children 18 years old and younger. If you have applied to the program this year, and you are receiving holiday assistance, you can pick up your gift card(s) on **Sat. Nov. 15** per the instructions of the postcard you receive.

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.

Did You Know?

Some prescription drugs can cause drowsiness or impaired balance or coordination, particularly in people 65 years and older. These drugs are referred to as fall risk-increasing drugs (FRIDs) and include medications for sleep, painkillers, medicines affecting mood, and medicines that lower blood pressure. If you're taking a medication that may increase fall risks and you have concerns, speak with your doctor and pharmacist. And remember, never stop a medication without first consulting with your doctor. (Sources: JAMA Health Forum; Maryland Falls Free Coalition.)

Social Services and Outreach News

OUTREACH

Social Services Outreach means “proactively bringing support, information, and resources to individuals and communities, by meeting them in their own environment to provide aid, build relationships, and address their needs. This strategy focuses on connecting with underserved populations, raising awareness about available services, and ultimately helping people improve their well-being, health, or economic stability.” If you or someone you know could benefit from calling our Outreach dept., call 978.399.2326.

FRIENDLY VISITOR PROGRAM

The Cameron has friendly, caring volunteers available to visit homebound Westford seniors on a regular basis as part of our Friendly Visitor program. All volunteers are vetted and also undergo a CORI background check. Please call Jen Beale in Outreach at 978.399.2326 if you or a senior you know in town can benefit from a weekly visit or phone call.

NEW RESOURCE REVEAL

Thursdays, Nov. 20 and Dec. 18 at 1:00 pm

This new monthly program will sponsor a different community resource each month in our lobby on the 3rd Thursday of every month from 1:00 pm to 2:00 pm. In November we will have a representative from Lifeline to display and discuss the life saving emergency medical alert buttons. In December Annette Cerullo will be displaying Outreach dept resources i.e. files of life, property tax relief charts, affordable housing handouts and more. Feel free to stop at the tables for information and to ask your questions.

SEEKING HANDYMAN PROGRAM VOLUNTEERS

The Social Services Outreach Dept. offers a handyman program to our local seniors thanks to retired volunteer handypeople. Some of our volunteers have moved on, so we are seeking a few more people. Our volunteers are CORI checked and provide free small job assistance for our senior residents. Types of tasks include hanging pictures, installing window a/cs, fixing dripping faucets, putting out patio furniture, etc. Our volunteers don't work on jobs that require a permit. If you are interested in being a part of this program, please contact Jen or Annette at 978.399.2326.

SENIOR LIVING COMMUNITIES FIELD TRIPS with Annette

Tuesday, November 13 from 11 am - 1 pm (approximately)

We will be visiting the assisted living, *Nashoba Park* in Ayer for a tour and lunch. They pride themselves on being a “vibrant, supportive community with the comforts of home” located near shops and restaurants. Whether you are driving or need a ride please sign up with us by calling 978.692.5523. *If there are facilities you would like to tour, please let Annette know and she will try and arrange a visit.

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 Mgr, 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 Tues. of Nov. from 6-7PM, but will skip the month of Dec. Please call Lisa before attending your first meeting at 978.808.4246.

CAMERON BUCK\$ CARD FOR WESTFORD RESIDENTS

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 & over, you receive punches worth **\$10 for FREE!** (\$60 total card value). These cards may be purchased at the front desk. The cards can't be used for Trudy's Boutique.

Housing & Independent Living Resources

PROPERTY TAX EXEMPTIONS – Are you eligible?

The town of Westford has several property tax exemptions for senior residents: the low income, blind, disabled, veterans and more. You may be eligible for a tax break and if you are interested in learning more about your options you can call the Assessor's office at 978.692.5504 or call Annette/Jen to review them at 978.399.2326.

SAND BUCKETS



If you need a free bucket of sand to be delivered to your home for the coming winter months, please call 978.692.5523 to get on a list. Much thanks to our local police dept for providing this service.

SNOW REMOVAL

As the colder weather approaches, we all begin to think about preparing for the winter. Many folks ask if we know of people who can help with snow removal. Unfortunately, this is one of the hardest needs to find volunteer services for. There are a few companies in the area that provide snowplow services and we create a list every year with their contact information however we do not endorse any one over another. A list can be emailed to you or picked up at the center. Other options are to check with your church, the local classifieds, and your neighbors. Call Annette or Jen at 978.399.2326.



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.

HEAP: '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 (HEAP) is a free resource, offered by Community Teamwork in partnership with the Dept. of Housing and Community Development, to help eligible households pay a portion of winter heating bills. No matter what type of heating source you have, HEAP may be able to help you pay your winter heating bills. All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance. You can apply directly through the Community Teamwork website starting Oct.1 or through Alison, Annette, and Jen B. at the senior center. **Income Eligibility:** Household income (gross) cannot exceed 60% of Massachusetts' est. State Median Income. Household of 1: \$51,777, Household of 2: \$67,709, Household of 3: \$83,641, Household of 4: \$99,573.

STAGING YOUR HOME

November 18 at 6:15 pm

Prepare your home for sale without expensive renovations! **Kathy Cunningham of Coldwell Banker** will be here with professional Stagers **Jan Poulain and Liz Larson of Perfectly Placed for You.** Learn how staging your home can provide a facelift that will make it appealing and boost a sale price. Come to the Cameron Center for a fun and informative time. Light refreshments will be served. Door Prize available. Call 978.692.5523 to sign up.



Housing & Independent Living Resources(continued)

BURIED IN TREASURE (BIT) Intro session

Tuesday, November 18 at 3 pm

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



Income Tax Help



Hal Schreiber will be back this year to complete your 2025 federal and state income tax returns. This is a free service and there are no age or income limits. Please call the Senior Center at 978.692.5523 or Hal at 978.692.7906, or email Hal at halsch@verizon.net to add your name, address, telephone number, and email address to the list for having your tax return prepared. You can drop off your tax information at the Senior Center or at Hal's home. If you drop off at Hal's home, call or email Hal. If you call Hal and get the answering machine, leave your name, and phone number and please speak loudly, slowly and clearly. If you have any questions about what information is needed, call or email Hal. Hal has all the federal and state tax forms that are needed to be filled out.

PLEASE READ:

Getting the correct amount of the property tax that you paid and the water bill that you paid has been a continuous problem. It has resulted in delaying the preparation of your tax return and causing a backup of returns waiting to be prepared. It also resulted in the DOR denying the Circuit Breaker refund. The following is what is needed:

For any property tax, water usage, and stormwater bill paid from 1 Jan 2025 thru 31 Dec 2025, you must provide the dollar amount and date paid and the dollar amount and date received of any refund. Do not include demand fees, interest, TREAD payment, and any water department charges for non-water usage. If you do not have this information, you can get a printout from the Tax Collector and Water Department. If your home is not located in Westford and you are your town's sewer, include the sewer charges that you paid in calendar year 2025. If you do not have sewer, property tax, water payment/refund/interest/demand fee information, contact your Town's Sewer Department, Tax Collector and Water Department.

Information Needed for Preparing Your Tax Return:

1. Your 2024 federal & state tax return if Hal did not prepare the return.
2. Form MA 1099-HC (IRS Form 1095-B if you did not receive MA 1099-HC). The health insurance information from these forms must be entered on your Massachusetts tax return. This only applies if you did not have Medicare for the entire year.
3. Form 1095-A (you receive this form if you received the advanced health insurance premium tax credit). The IRS will reject your return if the information from this form is not entered on your federal tax return.
4. W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc
5. The amount and date of any federal and state estimated tax payments you made for 2025.

6. Car, boat, personal property excise tax bills that you paid in calendar year 2025 (do not interest charges or any fees).
7. If you sold any stock or bonds the date you bought the stock or bond and the amount you paid for them(that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
8. If you have any mutual funds - any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares - the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
9. Medical and Dental expenses – total your co-pays and deductibles for all your drugs (prescription and over-the-counter), doctor, dentist, hospital visits, etc in calendar year 2025. Include hearing aides, eyeglasses, etc. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately (do not add them together). DO NOT provide bills or receipts.
10. Charitable contributions. - total your cash/check/credit card contributions that you gave in calendar year 2025 to a charity/church/nonprofit/ government. You cannot deduct contributions given to any individual person (including gofundme), political organization, or election campaign (DO NOT provide receipts). For property contributions provide in general terms (clothing, household goods, furniture, etc), what was contributed; date of the contribution; estimated fair market value of the property; and the name and address of the charity receiving the property. If you donated a car, you must provide the paperwork/form you received from the charity. NOTE: money donations are deductible on the Massachusetts tax return without itemizing the donation on the federal tax result.



KIWANIS Members Cooking for the Westford Seniors!

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 *

Monday, Nov. 10 at 8 am



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! Our speaker will be **Denise Pigeon Ed.D., Superintendent at Nashoba Valley Technical High School** to discuss how the students are positively impacting the community. 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, November 7 at 12 pm

Our speaker will be Fred Baumert, our SHINE Counselor to talk about Medicare. **The Cost will be \$5.00. Please call to sign up at 978.692.5523**



FISCO LUNCH

Wednesdays at 11:30 am - 1:30 pm
NO LUNCH Nov. 26, Dec. 24 and Dec. 31

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.** RSVP on website www.thefisco.org to reserve spot and lunch.



WESTFORD BAKERY

Thursday, November 13 from 8:30 am – 11 am

The Westford Bakery Food Cart will be here in the Cameron Senior Center parking lot. Come and enjoy a Coffee and Pastry before or after class. All items are self-pay when you order.

HAM & BEAN SUPPER

Saturday, November 15 at 5 pm at the Franco

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



RESTAURANT REVIEW

Wednesdays, Nov. 19 and Dec, 17 at 11:30 am

Due to the holidays, we are scheduling these a week earlier than usual. In November let's gather at **Princeton Station, 147 Princeton St, North Chelmsford**. In December let's meet at **Olive Garden, 422 Middlesex Rd, Tyngsboro**. 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 waiting list can be moved up. Bon Appetit.



VIKING BISTRO LUNCH

Thursday, November 20 at 11:30 am at NVTHS

Chicken Parmesan or Eggplant Parmesan

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.



MUSIC MAKERS LUNCHEON

Friday, December 5th at 12 pm

Come and sing with our very own Music Makers while you enjoy a light lunch. **Cost for the luncheon will be \$5.00** Please sign up at 978.692.5523.



MOVIE SHOWINGS*

Tuesday, December 9 at 5 pm

We will not be hosting movie night in November because it falls on Veteran's Day and the center will be closed. Please join us in December for some holiday comedy starring Tim Allen and Jamie Lee Curtis in **Christmas with the Kranks**. Just **\$5.00** for a movie, popcorn, refreshments, and a light meal. Call to sign up at least 3 days prior at 978.692.5523.



HANUKKAH LUNCH

Friday, December 19 at 12 noon

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



September Hike with Mike at the Stepinsky Property

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00 Billiards</p> <p>8:00 Program Registration BEGINS</p> <p>9:30 Bone Builders</p> <p>12:00 BINGO</p> <p>12:00 Gentle Yoga</p> <p>1:00 Whole Foods / TJs</p> <p>7:00 Toastmasters</p>	<p>4</p> <p>8:00 Billiards</p> <p>9:00 Mindful Movemnt, Open Art Studio</p> <p>9:15 ZUMBA</p> <p>10:00 Advanced Mindful Movement</p> <p>10:00 Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>12:15 Bone Builders</p> <p>12:30 SHINE</p> <p>1:00 Open Art Studio</p> <p>2:00 Ping Pong</p> <p>4:00 Vet to Vet</p> <p>4:30 Game Night</p> <p>6:00 Tai Chi / Qigong</p>	<p>5</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p>11:00 Intermediate Yoga</p> <p>11:30 FISCO Lunch with Program</p> <p>12:30 Knitting Group</p> <p>1:30 Beginners / Inter Ping Pong</p> <p>5:00 Food Pantry</p>	<p>6</p> <p>8:00 Billiards</p> <p>9:00 Bridge</p> <p>9:15 ZUMBA</p> <p>10:00 Upbeats /Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>10:30 Visit with Chips</p> <p>12:00 Hand and Foot</p> <p>1:00 Bone Builders</p> <p>1:00 Watercolor Class</p> <p>1:00 Whole Foods / TJs</p>	<p>7</p> <p>8:00 Billiards</p> <p>8:30 Food Pantry</p> <p>9:30 Music Makers</p> <p>9:30 Ping Pong</p> <p>10:00 Sewing / Quilting</p> <p>12:00 Women's Lunch</p> <p>2:45 Tech Help</p>
<p>10</p> <p>8:00 Billiards</p> <p>8:00 Mens Breakfast</p> <p>9:30 Bone Builders</p> <p>9:30 Hearing Screening</p> <p>11:00 Ask the Realtor</p> <p>12:00 BINGO</p> <p>12:00 Gentle Yoga</p> <p>12:30 SHINE</p> <p>1:00 Whole Foods / TJs</p> <p>7:00 Toastmasters</p>	<p>11</p> <p>9:00 Friends of the Poor Walk at St. Catherine's SvDP</p> <p style="text-align: center;">CLOSED FOR</p> 	<p>12</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p>10:00 JV Fletcher Fundraising Meeting</p> <p>11:00 Intermediate Yoga</p> <p>11:30 FISCO Lunch</p> <p>12:00 Veterans Lunch at Paul's Diner</p> <p>12:30 Knitting Group</p> <p>1:30 Beginners / Inter Ping Pong</p> <p>2:45 Tech Pals</p> <p>5:00 Food Pantry</p>	<p>13</p> <p>8:00 Billiards</p> <p>8:30 Westford Bakery</p> <p>9:00 Bridge</p> <p>9:15 ZUMBA</p> <p>10:00 Upbeats /Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>11:00 Ask the Detective</p> <p>11:00 Ask the Fire Prev. Officer</p> <p>11:00 Senior Living Field Trip</p> <p>12:00 Hand and Foot</p> <p>1:00 Bone Builders</p> <p>1:00 Watercolor Class</p> <p>1:00 Whole Foods / TJs</p>	<p>14</p> <p>8:00 Billiards</p> <p>8:30 Food Pantry</p> <p>9:30 Music Makers</p> <p>9:30 Ping Pong</p> <p>10:00 Sewing / Quilting</p> <p>1:00 Tony Funches Special Perf.</p> <p>2:45 Tech Help</p> <p>Holiday Assistance Pick Up Sat. Nov. 15 at 9 - 11 am</p> <p>Ham & Bean Supper Saturday Evening, Nov. 15 at 5 pm @ the Franco </p>
<p>17</p> <p>8:00 Billiards</p> <p>9:30 Bone Builders</p> <p>10:00 Meditation</p> <p>12:00 BINGO</p> <p>12:00 Gentle Yoga</p> <p>12:30 SHINE</p> <p>1:00 Whole Foods / TJs</p> <p>2:00 Westford Constituent Hour</p> <p>7:00 Toastmasters</p>	<p>18</p> <p>8:00 Billiards</p> <p>9:00 Mindful Movemnt, Open Art Studio</p> <p>9:15 ZUMBA</p> <p>10:00 Adv. Mind Mvmt/Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>1:00 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>1:00 Monopoly</p> <p>2:00 Book Club, Ping Pong</p> <p>3:00 Buried in Treasure (BIT)</p> <p>4:00 Vet to Vet</p> <p>4:30 Health Series</p> <p>5:30 MMRRC Train Club</p> <p>6:00 Tai Chi / Qigong</p> <p>6:15 Staging Your Home</p> <p>7:30 Amateur Radio Club (PART)</p>	<p>19</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p>10:00 Acorn to Oaks</p> <p>11:00 Intermediate Yoga</p> <p>11:30 FISCO Lunch</p> <p>11:30 Restaurant Review</p> <p>12:00 Groton Hill Concert</p> <p>12:30 Knitting Group</p> <p>1:30 Beginners / Inter. Ping Pong</p> <p>4:00 COA Board Meeting</p> <p>5:00 Food Pantry</p>	<p>20</p> <p>8:00 Billiards</p> <p>9:00 Bridge</p> <p>9:15 ZUMBA</p> <p>10:00 Friends Board Meeting</p> <p>10:00 Upbeats /Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>11:30 Lunch @ Viking Bistro</p> <p>12:00 Hand and Foot</p> <p>1:00 New Resource Reveal</p> <p>1:00 Bone Builders</p> <p>1:00 Watercolor Class</p> <p>1:00 Whole Foods / TJs</p>	<p>21</p> <p>8:00 Billiards</p> <p>8:30 Food Pantry</p> <p>9:30 Music Makers</p> <p>9:30 Ping Pong</p> <p>10:00 Thank You Volunteers</p> <p>10:00 Sewing / Quilting</p> <p>2:45 Tech Help</p> <p>Jim Geraghty's 27th Annual Thanksgiving dinner @ WA. Sun. Nov. 23 at 12pm </p>
<p>24</p> <p>8:00 Billiards</p> <p>9:30 Bone Builders</p> <p>12:00 BINGO</p> <p>12:00 Gentle Yoga</p> <p>12:30 SHINE</p> <p>1:00 Whole Foods / TJs</p> <p>7:00 Toastmasters</p>	<p>25</p> <p>8:00 Billiards</p> <p>9:00 Mindful Movemnt, Open Art Studio</p> <p>9:15 ZUMBA</p> <p>10:00 Adv. Mind Mvmt/Well Being Fitness</p> <p>10:15 Chair Movement</p> <p>10:30 Spanish Class</p> <p>1:00 Bone Builders</p> <p>1:00 Open Art Studio</p> <p>2:00 Ping Pong</p> <p>4:00 Vet to Vet</p> <p>6:00 Tai Chi / Qigong</p> <p>6:00 Dementia Caregiver Support Grp</p>	<p>26</p> <p>8:00 Billiards</p> <p>9:00 Well Being Fitness</p> <p>9:30 Bone Builders</p> <p style="text-align: center;">WESTFORD FOOD PANTRY CLOSED TONIGHT</p>	<p>27</p> <p style="text-align: center;">CENTER CLOSED</p> 	<p>28</p> <p style="text-align: center;">CENTER CLOSED</p> <p style="text-align: center;">WESTFORD FOOD PANTRY CLOSED TODAY</p>
<p>November 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 am - 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 9 am - 3 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:00 Billiards 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 12:30 SHINE 1:00 Whole Foods/TJs 7:00 Toastmasters</p>	<p>2</p> <p>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 12:15 Bone Builders, 1:00 Open Art Studio 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 8:30 Town Mgr /Select Bd Breakfast 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 12:30 Knitting Group 1:30 Beginners/ Inter Ping Pong 5:00 Food Pantry</p>	<p>4</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Cocoa Cookies@GoodPickin' 10:00 Upbeats /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>5</p> <p>8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Music Makers Luncheon 2:45 Tech Help</p> <p>Final Orders for Friends Gift Card Fundraiser Due Today</p>
<p>8</p> <p>8:00 Billiards 9:30 Bone Builders 9:30 Hearing Screening 11:00 Ask the Realtor 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 7:00 Toastmasters</p>	<p>9</p> <p>8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 9:30 Ask the Lawyer 10:00 Adv Mind Mvmt/WellBeing Fitness 10:15 Chair Movement 10:30 Spanish Class 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:00 Vet to Vet 5:00 Movie Night 6:00 Tai Chi / Qigong</p>	<p>10</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 10:30 Festival of Trees @Regency 11:30 FISCO Lunch 11:45 Holiday Luncheon@Regency 12:30 Knitting Group 1:30 Beginners/ Inter Ping Pong 5:00 Food Pantry</p>	<p>11</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Visit with Chips 10:30 Spanish Class 11:00 Ask the Detective 11:00 Ask Fire Prev. Officer 12:00 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs</p>	<p>12</p> <p>8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 2:45 Tech Help</p> <p>MET Opera Saturday December 13 1:00 pm at O'Neil Cinemas, Littleton</p> 
<p>15</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Meditation 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Westford Constituent Hour 7:00 Toastmasters</p>	<p>16</p> <p>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 1:00 Bone Builders 1:00 Open Art Studio 2:00 Book Club 2:00 Ping Pong 4:00 Vet to Vet 4:30 Health Series 5:30 MMRRC Train Club 6:00 Tai Chi / Qigong</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 11:30 Restaurant Review 12:30 Knitting Group 1:30 Beginners/ Inter Ping Pong 2:45 Tech Pals 4:00 COA Board Meeting 5:00 Food Pantry</p>	<p>18</p> <p>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 1:00 Bone Builders 1:00 New Resource Reveal 1:00 Watercolor Class 1:00 Whole Foods/TJs</p>	<p>19</p> <p>8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Hanukkah Lunch 2:45 Tech Help</p>
<p>22</p> <p>8:00 Billiards 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 7:00 Toastmasters</p>	<p>23</p> <p>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 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:00 Vet to Vet 6:00 Tai Chi / Qigong</p>	<p>24</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga</p> <p>WESTFORD FOOD PANTRY CLOSED TONIGHT</p>	<p>25</p> <p>CLOSED FOR CHRISTMAS DAY</p> 	<p>26</p> <p>8:00 Billiards 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting</p> <p>WESTFORD FOOD PANTRY CLOSED TODAY</p>
<p>29</p> <p>8:00 Billiards 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 12:30 SHINE 1:00 Whole Foods/TJs 7:00 Toastmasters</p>	<p>30</p> <p>8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 Adv Mind Mvmt 10:15 Chair Movement 10:30 Spanish Class 1:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 4:00 Vet to Vet /WellFit Circuit Training 6:00 Tai Chi / Qigong</p>	<p>31</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga</p>	<p>December 2025</p>	

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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 9 am - 3 pm

Social and Enrichment Activities

BOOK CLUB

Tuesdays, November 18 and December 16 at 2:00 pm

Are you a reader? And do you like to talk about books? Join us in November for discussion of Maeve Binchy's book,

A Week In Winter about a bed and breakfast inn and relationships. In December we will review a story of hope set in a small town in Ireland, **Small Things Like These** by Claire Keegan. You can get the November book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978.399.2326



VISIT WITH CHIPS

Thursdays at 10:30 am November 6 and December 11

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.

ACORN TO OAKS

Wednesdays at 10 am November 19 and December 17



We are collaborating with the Roudenbush on a program to the 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

No appointments November 28 or December 26.

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, November 12 and December 17

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

Fridays at 9:30 am

The Music Makers choral group have begun another season, meeting **Fridays, 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.

PARTNERSHIP OPPORTUNITY AVAILABLE

Looking to see if we have any interest in creating a partnership with older adults and young adults in our community with intellectual disabilities. We are looking for older adults who are interested in meeting either monthly or quarterly to partner with this group of young adults and maybe take part in crafts like building bird houses or playing games. For more information, please reach out to Katie Russell at krussell@westfordma.gov or 978.399.2330

AMATEUR RADIO CLUB (PART)

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

Serving Westford and Surrounding Communities

Next meeting: **Mon. November 17th**. The Westford Women's Club will meet at the Merrimack Valley Food Bank, 1703 Middlesex Street in Lowell (near the Rourke Bridge) for a tour and service project. For more information or to learn more about becoming a member contact us at westfordwomensclub@gmail.com

Locally Made: A Small Business Product Fair

When: Friday, January 9, from 10 am to 1 pm

Where: Cameron Senior Center

What: A Showcase and Sale of locally made products from your neighbors' small businesses.

Sponsored by: the Westford Garden Club

This is open to the public, so come get to know and support your neighbors small businesses!

Want to be a vendor or have any questions?

Email judyrcorbett@yahoo.com

Arts and Crafts

WATERCOLOR CLASS WITH PAULA (6 Weeks)

Thursdays starting on Nov. 6 - Dec. 18

No Class November 27

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

No club on Nov. 26, Dec. 24 or Dec. 31

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, 12:30 pm



The Friends of the Cameron Senior Center sponsors a knitting, crochet or needlework group. The group meets in the library on the second floor. If you want to work on a project, learn a new skill or share a pattern, we hope you will stop by and join us.

Games

GAME NIGHT

Tuesdays, November 4 and December 2 at 4:30 pm

Join us in November for a **Scrabble night**; you can play individually or with a partner. In December we will play the fun dice game of **Bunco**. 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.**



Tuesday, November 18, 2025 is

NATIONAL PLAY MONOPOLY DAY!

1:00-3:00pm

When was the last time you relaxed into a game of Monopoly? Take a **CHANCE** and **GO DIRECTLY** to register for this afternoon of fun with a little Monopoly Trivia mixed in. Snacks provided. This **FREE** event is sponsored by the **Friends of the Cameron**. Call the front desk to sign up 978.692.5523.



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

Join us at the Cameron for some BINGO Fun! For more information, call Katie at 978.399.2330..



Social Fitness Activities

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

No Ping Pong on Nov. 26, Dec. 24 or Dec. 31

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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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.

Big News!

In December 2024 the Lowell Regional Transit Authority (LRTA) announced that they had received grant funding to be able to allow their entire transit system to operate fare free until September 30th, 2025. **The current fare free pilot program has been extended through June 30, 2026.** As you may know, the Cameron Senior Center Transportation program operates in a lease agreement with the LRTA. *So what does this mean to you?* It means we will be providing our transportation program free of charge until June 30th, 2025, at which time fares may resume, depending on funding. Additionally, any part of the LRTA system may be ridden, fare free, including the Route 15 bus along the 110 corridor that connects Westford to Lowell. This opens up a world of free transportation, with connecting buses to other towns. For more information about our transportation program, visit: <https://www.westfordma.gov/1004/Transportation> The LRTA wants to thank Governor Maura Healey and Lieutenant Governor Kim Driscoll, as well as the Massachusetts State Legislature for funding this Fare Free Transportation Program that will greatly benefit our communities.

Travel

ICELAND'S MAGICAL NORTHERN LIGHTS DISCOVERY

November 10 – 16, 2026

Join Collette Tours on a 7 Day trip to Iceland. Trip Highlights include Reykjavik, Northern Lights Cruise, Golden Circle, Thingvellir National Park, Lava Exhibition Center, Vik, Jökulsárlón Glacial Lagoon, Blue Lagoon. For more info email Katie at krussell@westfordma.gov or go to <https://gateway.gocollette.com/link/1299785>



FRIENDS MEMBERSHIP FORM

Friends of Cameron MEMBERSHIP and LEVELS OF GIVING

Membership is open to people of ALL ages.
Membership year is July 1, 2025 - June 30, 2026

NAMES (s) _____

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



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

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

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

**ANGELA
CAPUTO GRISWOLD
REALTOR®**

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How to Get Your Cameron News

- If you are a Westford resident **and** age 70 or older, the Cameron monthly newsletter will automatically be mailed to you free of charge. If you prefer receiving a newsletter via email, please call us at 978.692.5523, and THANK YOU for saving the cost of the postage!
- 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 Coordinator/Social Media Mgr
Christopher Mitchell, Maintenance Supervisor
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Pam Rovendro, Van Driver
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OUR MISSION:

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

20 Pleasant St., Westford, MA 978.692.5523

www.westfordma.gov/coa

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

BOARD MEETINGS

COA Board Nov 19 & Dec 17 at 4 pm

Friends Board: Thurs. Nov 20 & Dec 18 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.

