



WWW.WESTFORDMA.GOV/COA 978.692.5523

AT THE CAMERON

A Big Thank You to Jim Geraghty and his friends and family for hosting this years 28th annual Thanksgiving Dinner at WA and to the Westford Firefighter Association for Hosting the Ham and Bean Dinner once again!



VALENTINE LUNCHEON with Magnificent Violinist Stefani Torode

Sponsors: Friends of Cameron Senior Center,
Westford Fund- Founder Patti Mason, RiverCourt

Residences, Alcorn and Owens, Attorney at Law, Westford Rotary
Club, Westford Garden Club/ Whole Foods

What: Valentine Luncheon

When: **Friday, February 13, 2026, at noon**

Where: First Parish Church, 48 Main St.

Menu: Baked Ziti and Meatballs, Ceasar salad, Rolls, Beverages, which
will include specialty coffee made by WA's very own Routes Roasters and
Dessert.

Costs: Friends Members: **\$12** and Non-Friends Members: **\$18**

RSVP to 978.692.5523 and if you need transportation, please call
978.399.2322 for Robert Rafferty, Transportation Coordinator.

ONLINE REGISTRATION UPDATE

As we are in transition to using Online Registration, the January and February registration will require online registration for the following classes: Tuesday and Thursday Wellbeing Fitness, Wednesday Wellbeing Fitness, Zumba, Intermediate Yoga, Gentle Yoga, **and new this month Mindful Movement and TaiChi/Qigong class.** 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. There will be practice classes available online for you to practice before the next registration day. **All registrations will be available Friday, January 2nd at 8 am.** If you are a non-Westford resident using online registration, you will be automatically put on a waitlist. Even if it shows "confirmed", you are on a waitlist due to the fact that we give preference to Westford residents.



**B Team Champions,
Massachusetts Senior Travel Eight-Ball**



Special Guest: Richard Smith **THOREAU AND FRIENDS**

Friday, January 23, 2026 at 1:00 pm

Henry David Thoreau was not a hermit. He was part of a larger social circle made up of the era's literary giants. Having worked as a public historian and Living History

Interpreter for 26 years, Richard Smith brings Thoreau's world to life. He has written 13 books and is a regular contributor to Discover Concord Magazine.

This is a free program sponsored by the Friends of the Cameron but you must register to hold your seat. Call the front desk to sign up 978-692-5523.

DINNER with DONNA

Feb 24 at 5:00 pm

Donna will be warming us up with meat and vegetarian chilis, corn bread, salad and dessert. We are excited to host the Westford Academy Troubadours aka the Westford Academy Orchestra Club. Be sure to call and sign up quickly, dinner slots fill fast.

978.692.5523. **\$10** for dinner and entertainment or **\$5** for just the entertainment. **Thank you to the Friends of the Cameron and the Food Pantry for subsidizing the costs for this event.**



TOWN MGR AND SELECT BOARD HONOR CAMERON CHAMPIONS!

The Select Board and Town Manager recognized the Cameron Senior Center, B-Team for their third title as Mass Senior Travel Eight-Ball League Championship. COA Director, Jennifer Claro shared our excitement for our B-Team and their successful play throughout this league. We are fortunate to have a talented group of skilled and dedicated billiard players at the center. Their comradery and friendliness are a great contribution to our billiard program.

Team Members: from left to right: Guy Keenan, Jerry Lotto, Tim Butler, Jerry Moscariello (captain), Paula Moscariello and Bruce Hestand.

Director's Column

Dear Friends,

Happy and Healthy New Year to you and yours in 2026!



At this time of year, we spend time reminiscing the previous year, while looking forward and making plans for the coming year. Why not include visiting the Cameron Senior Center in your plans? We filled the schedule for January and February, and we hope you will join us for a fitness class, billiards, Men's breakfast/Women's lunch, music programs (we have our UPBEAT Band and Music Makers chorus), Spanish class, or games. We also have informative programs on the calendar: Accessory Dwelling Unit-101: Learn, Plan and Build, a Health Series-Power of Positive Thinking in February with Beth Fowler, Life Coach, LICSW, a Resource Reveal featuring Home Modification Loan program, Lunch and Learn with Mike Edwards, Assistant Town Manager speaking on Pay as You Throw. Don't miss out! In addition, Senior Living Community Fieldtrip to Summer Place in Chelmsford, Dinner with Donna and the WA Orchestra Club, Restaurant Review- January/99 Restaurant and February/Seoul Kitchen.

If transportation is a hurdle and you're a Westford resident, we can help. Whether you are coming to the Cameron, going to a medical appointment, grocery store, hair appointment please call Robert Rafferty, Cameron Transportation Coordinator at 978-399-2322 and learn how to book a FREE ride.

Please enjoy reading this informative newsletter full of great opportunities and services the Cameron staff would like to share with you. Tours are available just call 978-399-2323 and let's schedule the time that works for you.

Looking forward to a new year together,

Warmly,
Jennifer

NEW TRIPS AND PROGRAMS BRAINSTORMING MEETING

Wednesday, January 14 at 10 am

Please join Katie in welcoming the new year by letting her know different trip and program ideas you would like to see in 2026. No need to sign up just drop in to the Cameron Senior Center Library at 10 am on January 14.

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.

This newsletter is made possible with the support of our annual Formula grant from the Executive Office of Aging and Independence.

Friends Corner

How exciting to announce that Friends of the Cameron has almost 400 members to start the new year! Thank you for your support. Your Membership and donations help us finance special programs like **Tony Funches of The Platters** in November. Wasn't he fun? A tremendous voice with a healthy dose of charm! We loved the interactive show with opportunities to sing and dance with Tony. My arms got tired! One attendee got her vintage record album signed! Should we have Tony back next year?



This month the FRIENDS are excited to bring **Richard Smith** to the Cameron. Richard is well-known for his portrayals of Henry David Thoreau at the **Concord Museum** and elsewhere. A published historian and author, Richard will share the unique perspective and contributions of Thoreau. (See Page 1)

Congratulations to Marie McLaughlin, winner of our first Monopoly Game on **National Play Monopoly Day** in November. Her prize was one of the new Monopoly card games. Participants enjoyed Monopoly trivia- can you name one of the three playing pieces that were retired in 2017? (Answers below) We had a great time and plan to do it again. Join us at the Cameron on **Friday, January 16 at 1:00 pm**. (See Page 12) Just want to watch? We can always use a banker.

The Friends is happy to once again help sponsor the **Valentine Luncheon on Friday, February 13**. We will be there to greet you and ask for your support of our Valentine's raffle offering great places to take your sweetheart to dinner!



Got other ideas for us? A program you'd like to see at Cameron in 2026? Please share your ideas with one of our Board members- our names are listed each month on the back page of the newsletter.

(A. Thimble, Boot, or Wheelbarrow)

Lynne Stader,
President

The Friends of the Cameron Senior Center is a 501c3 with a mission to raise funds to help the COA provide programs and assistance to seniors in the community. FRIENDS relies on annual memberships, fundraisers and contributions received throughout the year.



Thank you and Upcoming Events

WESTFORD HOLIDAY ASSISTANCE PROGRAM THANK YOU!

The Cameron Senior Center partnered with St. Catherine St. Vincent de Paul Society, the Westford Food Pantry, the Town of Westford and **SO MANY generous donors from our community** 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 also helps provide gifts to children 18 years old and younger. This year the program accepted applications for assistance well after the program deadline, due to the many families impacted by the government shutdown and the subsequent loss of SNAP (Supplemental Nutrition Assistance Program) benefits. In all, the Westford Holiday Assistance Program provided food assistance (in Market Basket gift cards) to **over 200 families, 500 individuals** including **105 seniors**, and gift assistance (in retail gift cards) to more than **190 children**. The program provided over **\$38,000** in assistance this holiday season. Thank you for your generous support of our neighbors! We would like to thank the team that works to coordinate this program by reaching out to those who may need assistance, and approaching donors who may wish to help make the holidays nicer for those struggling. Thanks to Sue Foley, Ann Miller, Anne Cappucci and Karen Heitkamp for administration work. We would also like to thank Alison Christopher, Town Social Worker, Nicole Laviolette, Community Wellness Coordinator, Jennifer Claro, COA Director, Bernard Peloquin, WFP Treasurer, Lynn Roderick, WFP VP, Dan Towers, SVDP Treasurer, Kevin McGuire, Friends of Cameron Treasurer, Donna Owens, Friends of Cameron board member and the staff at the Cameron.

THANK YOU!

Bob and Barbara Tonucci for their creativeness in decorating the Cameron Christmas Tree so beautifully for all of us to enjoy!



To the "Upbeats Band" who performed at The Festival of Trees prior to our annual Holiday Luncheon at the Westford Regency and to the "Honors Chorus of Westford Academy" who performed at our Holiday Luncheon. Both groups provided wonderful seasonal music for all to enjoy!

Happy New Year 2026! *Claire*

"Picture Me" Baby Photo Contest!

Who's who? Won't we have fun guessing! Participants should provide a baby photo in an envelope with your full name and phone number printed clearly on the back. Photos can go in the box in the lobby or be brought to the Valentine Luncheon. **All photos must be received by February 13 and will be returned after the event.** Matching Contest will take place in March. Sponsored by the Friends of the Cameron. Watch for details or contact us at friendsofcameron7@gmail.com.



BIRTHDAY CELEBRATION

Friday, February 20 at 1 pm

Get Your Groove on with some Karaoke and Mocktails, Birthday Treats. Come celebrate good times with the January, February, and March Birthdays. Call to sign up at 978.692.5523.

Community Resources

YOUR NEXT CHAPTER: BUYING AND SELLING OVER 55

Tuesday, January 20th at 1 pm

Join Marie Cumming, REALTOR®, SRES® with Keller Williams Boston Northwest, and Matt Lazowski, Senior Loan Officer with Fairway Home Mortgage, for an informative session designed for homeowners 55 and older. Learn how to make your next move with confidence - from preparing your home for sale to exploring the best financing and downsizing options. Whether you're thinking about simplifying your lifestyle or moving closer to family, this seminar will give you the tools, insights, and resources to make smart decisions for your next chapter. Call 978.692.5523.



HEARING SCREENING

Mondays, January 12 and February 9 at 9:30 am

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

WESTFORD HEALTH DEPT. OFFERS:

BLOOD PRESSURE & MORE AT THE CAMERON

Tuesdays, January 13 and February 10 at 9 am

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

ASK THE DETECTIVE

Thursday, February 12 at 11 am

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

ASK THE FIRE PREVENTION OFFICER

Thursdays, January 8 and February 12 at 11 am

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

VETERANS SERVICES

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 3 pm to 7 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, January 26 and February 23 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, March 3 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, January 12 and February 9 at 11:00 am

Call 978.692.5523 to schedule an appointment.

Health and Wellness Offerings - Fitness Classes

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

ZUMBA CLASS with CAROL WING

Tuesday, January 6 - February 24
Thursday, January 8 - February 26
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 \$24, for just Thurs. the cost is \$24, and for both Tues. and Thurs. classes the cost is \$48. Non-resident's cost for just Tues. is \$40, for just Thurs. is \$40 and for both Tues. and Thurs. classes the cost is \$80.

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



Online
registration
only

CHAIR MOVEMENT with CAROL WING

Tuesday, January 6 - February 24
Thursday, January 8 - February 26
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 \$24 for just Thursdays the cost is \$24 and for both Tuesday and Thursday classes the cost is \$48. Non-resident's cost for just Tuesdays is \$40. The cost for just Thursdays is \$40 and for both Tuesday and Thursday classes the cost is \$80.

Sign up at 978.692.5523.



MINDFUL MOVEMENT

Tuesdays - January 6 - February 24
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.

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

INTRODUCTION TO TAI CHI & QIGONG

Tuesdays - January 6 - February 24
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.

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

Online
registration
only

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registration
only

MEDITATION

Monday, Jan 26 at 10am and Monday, Feb. 23 at 10am

Join Nicole Laviolette the Town of Westford Community Wellness Coordinator for a **FREE** monthly Meditation. Please 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!**



WELL-BEING GROUP CONDITIONING TWO SESSIONS PER WEEK

Tuesdays and Thursdays at 10 am

8 weeks beginning Tues, January 6 - Thurs, February 26

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- \$128 and non-residents- \$144.

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

Online
registration
only

WELL-BEING GROUP CONDITIONING ONE SESSION PER WEEK

Wednesdays at 9 am

8 weeks beginning January 7 - February 25

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>

Online
registration
only

GENTLE YOGA

Mondays at 12 pm

6 weeks beginning January 5 - February 23

No Classes Jan 19 or Feb 16

Join Meghan Kwartler from Well Being Fitness and Yoga for Gentle Flow Yoga. Experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. **Class fee:** Westford residents- \$42 and non-residents- \$48.

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

Online
registration
only

INTERMEDIATE YOGA

Wednesdays at 9:45 am or 11 am

8 weeks starting January 7 - February 25

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- \$56 and non-residents- \$64.

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

Online
registration
only



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, January 20 and February 17

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. We are still in the process of confirming a speaker for January. Flyers will be posted to inform you. In February we are excited to have Life Coach & LICSW, Beth Fowler, to present **Positive Thinking for a More Positive You!** Come get inspired to become a more positive thinker! In this session we will discuss the benefits of positive thinking and the positive mindset. In addition, specific techniques will be introduced to help build positive thinking skills and optimism, which can help improve your general outlook and wellbeing. Please sign up at 978.692.5523.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE (SHINE)?

Mondays, January 12 and February 9 by appointment. Starting at 12:30pm

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.

MOBILE CLINICIAN—FREE SERVICE TO TOWN RESIDENTS

How does the Westford Mobile Clinician work? If you, a loved one or fellow community member is experiencing a mental health challenge and currently awaiting care, Westford may be able to help. The Town of Westford acknowledges an overwhelming need for mental health appointments, resulting in long waitlists. We want to help shorten this wait time by offering short-term mobile clinical services in Town buildings or virtually to those in need. Am I eligible to receive Westford Mobile Clinician services? Following an initial intake interview, you may be provided with one of the following recommendations: • immediate recommendation to call your doctor, or 911; • assistance locating the correct mental health provider for you; or/ and • referral to the Westford Mobile Clinician. Each individual and situation is unique so careful consideration will be given when determining if the Westford Mobile Clinician is right for you. Due to scope of service and ACA ethical guidelines there may be situations where this service is not suitable for all residents and employees. If it is determined the Mobile Clinician is not a fit, we will work with you on alternative services. What is the cost to me? Will my insurance be charged? Services are provided free of charge. Your health insurance will not be charged for this service. What is the frequency of treatment being offered? Up to 10 sessions will be offered. The clinician will determine the number and frequency of sessions following the initial appointment. Determining factors may include nature of the mental health issue; length of time estimated for private therapy to begin; and/ the client's response to therapy. Specifics will be discussed at your intake screening visit. The Mobile Clinician is an important service for the town residents. As a responsibility of the resident, if you are unable to attend an appointment, please call the Mobile Clinician at least 48 hours of your appointment to cancel and/or reschedule. Who do I contact to complete an intake? Nicole Laviolette, Town of Westford Community Wellness Coordinator 978-399-2503 • For residents age 4 – 25 years old Alison Christopher, Town of Westford Social Worker 978.399.2325 • For residents age 26 years old and older.

Healthy Food Resources

GAINING GROUNDS - HUGE THANK YOU!

We are immensely grateful for our partnership with **Gaining Ground of Concord**. The farm serves many communities with the help of **3,000 volunteers** to grow and distribute **120,000 lbs. of produce**.

Gaining Grounds Volunteers from Cameron committed 520 hours over 26 weeks of distributing fresh organic produce.

Shown at left are:

Left to Right: Shirley & Dennis Smith, Annette, Chuck Dutton, Jean Lemieux, Mary & Bill Bowser, Sandra Secovich, Mike Dyer and Norma Cassidy. Missing from the photo is Kevin Dunn.



WHOLE FOODS / TRADER JOE'S DISTRIBUTION

Mondays and Thursdays at 1:00 pm (except holidays)

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. **No Distribution on January 19th and February 16th. Distribution will be Tuesday January 20th and February 17th respectively.**

WESTFORD FOOD PANTRY

Wednesdays from 5 - 7:30 pm

Fridays 8:30 -11 am

CLOSED JANUARY 2

The Westford Food Pantry is located on the first floor of the Cameron Senior Center at 20 Pleasant Street. Westford Food Pantry has a great 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. westfordpantry.org**



SNAP- SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Could you use help with increasing food costs? Could you be eligible for this convenient debit card to pay for groceries? The current monthly gross income limits are: \$2608 for one person or \$3525 for 2 people. If you have questions about applying for SNAP, see Alison, Annette, Jen B. or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

WESTFORD REMEMBERS PROVIDES HELP TO SNAP RECIPIENTS

Sarah Duffy of Westford Remembers is handing Alison Christopher, Town Social Worker, Market Basket gift cards to be distributed to SNAP households. Westford Remembers, a 501c(3) organization appealed to the community of Westford to help families affected by the government shutdown that impacted SNAP benefits.



Social Services and Outreach News

OUTREACH

"You are never too old to set a new goal or to dream a new dream" C.S. Lewis. Hopefully this quote will inspire you to check out the Cameron senior center this year. We have so much to offer that can improve one's quality of life: socialization, exercise classes, educational programs, leisure activities, transportation and more. Social Services and Outreach are also available to guide you through some of life's challenges and help you find resources to support you. Come on down to the center; you won't regret it. Outreach dept., call 978.399.2326.

RESOURCE REVEAL

Thursdays, Jan. 15 and Feb. 19 at 1:00 - 2:00 pm

This program highlights a different community resource each month in our lobby on the 3rd Thursday of every month from 1:00 to 2:00 pm. Feel free to stop at the table for information and to ask your questions. In January we will have UMass Lowell research students available to discuss **Project EATT**. Their study evaluates the impact of nutrition education and home delivered meal kits. In February come meet Catherine Tammany of the **Home Modification Loan Program** that provides financing for seniors and disabled folks. Loans up to \$50K at 0% interest are available for those that meet criteria. These loans help people make adaptations to remain in their homes longer, i.e. installing ramps, modifying bathrooms. Stop by the resource table and pick up some information.

SENIOR LIVING COMMUNITIES FIELD TRIPS with Annette

Tuesday, January 29 from 11 am - 1 pm (approximately)

We will be visiting the newly renovated, **Summer Place** at 20 Summer St., Chelmsford, a senior living community that offers independent living with supportive services. Amenities include meals, housekeeping, transportation, a fitness room, salon, lounge area, garden, walking paths and more. 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.

PLANNING THOUGHTFULLY FOR END-OF-LIFE DECISIONS

(Death and Dying with Desserts)

We will be running a series of talks about dying that focus on all the positive things we can do to make the end-of-life process as smooth as possible. The focus will be on pre-planning, taking control, learning about options we have, and feeling as prepared as we can for the next phase. And we will do it all while having dessert. We will be meeting on the 3rd

Wednesday of the month from March through June @1-2 pm. Please call to sign up at 978.692.5523.

- On March 18, we will hear from Karen Johnson, Esq. of Madge and Johnson PC. Karen will teach us about all the legal pre-planning options that exist to help us "get our affairs in order".
- In April we will discuss funerals and pre-planning for this important event. Speaker TBA.
- The month of May will feature a Palliative Care/Hospice discussion. Speaker TBA.
- And June will focus on logistical considerations after a death occurs. Speaker TBA

DEMENTIA CAREGIVER SUPPORT GROUP - NEW MEETING TIME!

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. each month from **6:30 - 7:30 pm**. 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. 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. **Deadline to apply is April 1st.**

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.

Housing & Independent Living Resources (continued)

ADU 101: LEARN, PLAN, BUILD

Friday, January 16 at 10:30 am

Accessory Dwelling Unit -101: Learn, Plan and Build Friday, January 16 at 10:30 am – Multipurpose Room Come engage with Town Staff panelist **Jeff Morrisette, Assistant Town Manager of Land Use Management, Joe Ginewicz, Town Planner, Rae Dick, Health Department Director and Erik Tardif, Building Commissioner** on an overview of planning and building an Accessory Dwelling Unit in Town. Our Land Use Management Team will provide an opening introduction to Westford ADU Ordinance. If you would like to submit a question for panelist, please send to Jclaro@westfordma.gov by Tues, Jan, 13. Light refreshments. RSVP-978-692-5523- All community friends are welcome.

BURIED IN TREASURE (BIT)

15 week course Starting January 13, 2026 Tuesday's from 2pm – 4pm

A relaxed, nonjudgmental program that teaches you how to build insight, skills, and strategies to help declutter, get organized and reduce acquiring. The program addresses all clutter levels, from just a few messy areas to excessive collecting to hoarding tendencies/ disorder. Class and workbook are free. This will be a closed group; you must register in advance. Facilitated by Gail Johnson, and Nicole Laviolette. Registration – Nicole Laviolette, nlaviolette@westfordma.gov or 978.399.2503.



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

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.



Income Tax Help



Hal Schreiber is 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.

Income Tax help continued in next column.



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 return.

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.

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



In partnership with Friends of Indian Senior Citizens Organization, the Cameron enjoyed hosting a beautiful **Diwali** Celebration.

MEN'S BREAKFAST *

Mondays, January 12 and February 9 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! **In January** we will be hearing from our Veterans Service officer Colin Bode as he talks his collection of ancient coins. **Our February** speaker

will be Ed Alessi. If you have any suggestions for upcoming speakers, please speak with Ken Hyle. **Thank you to the Friends of the Cameron Senior Center for sponsoring this event. Suggested donation is \$5.00** please sign up at 978.692.5523.

WOMEN'S LUNCH*

Fridays, January 30 and February 27 at 12 pm

Let's start off the New Year with a Trudy's Fashion Show! If you are sted in being a model please let Katie know at krussell@westfordma.gov In February, Explorations of Soul through medical work abroad: India, Cambodia, Poland and Thailand. Dr. Anna Sarno Ryan, MD Dermatologist will discuss medical volunteer work that she's done overseas and share insights gained from these opportunities. **Thank you to the Friends of the Cameron Senior Center for sponsoring this event. The Cost will be \$5.00.** Please call to sign up at 978.692.5523

THANK YOU KEN CLOUGH!



Ken Clough provided a lively and competitive trivia afternoon with special surprise games throughout the afternoon, prizes, snacks, and a special mystery performance (Jerry Lewis). We appreciate Ken's incredible and creative efforts as well as family and friends who helped.

VIKING BISTRO LUNCH - TWO DATES!

Wednesday, January 21 at 11:30 am at NVTHS
Vegetable Lasagna or Stuffed Chicken



Wednesday February 4 at 11:30 am at NVTHS
Short Ribs or Pasta Primavera

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.

RESTAURANT REVIEW

Wednesdays, Jan. 28 and Feb. 25 at 11:30 am

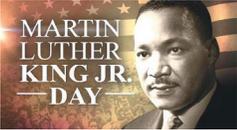
Mark your calendars for our next outings. In January let's meet at the **99 Restaurant, 333 Littleton Rd, Westford and in February at Seoul Kitchen, 142 Littleton Rd., Westford.** Please pre-register at 978.692.5523 and if you decide not to go, please call us at least 5 days in advance to cancel, so others on the waiting list can be moved up. Bon Appetit.

MOVIE SHOWINGS*

Tuesdays at 5 pm
Jan 13 & Feb 10 at 5:00

Join us in January for the adventure/drama, **Thelma & Louise**, starring Susan Sarandon and Geena Davis and in February for the popular 1st of 3 mystery /comedy **Knives Out**. For \$5.00 you get a movie, popcorn, refreshments, and a light meal. Call to sign up at least 3 days prior at 978.692.5523. **Thank you to the Friends of the Cameron for subsidizing costs.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 2026			CLOSED FOR NEW YEAR'S DAY 2026	
5 8:00 Billiards 9:30 Bone Builders 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 7:00 Toastmasters	6 8:00 Billiards 9:00 Mindful Movement 9:00 Open Art Studio 9:15 ZUMBA 10:00 Adv. Mind Mvmt/Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:15 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 3:00 Vet to Vet 4:30 Game Night 6:00 Tai Chi / Qigong	7 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 11:30 FISCO Lunch 12:30 Knitting Group 1:30 Beginners / Inter Ping Pong 5:00 Food Pantry	1 8 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 Fire Prev. Officer 12:00 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods / TJs	2 8:00 Program Registration Begins 8:00 Billiards 9:30 Ping Pong 10:00 Sewing / Quilting
12 8:00 Billiards 8:00 Men's Breakfast 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	13 8:00 Billiards 9:00 Mindful Movement, Open Art Studio 9:00 Blood Pressure and More 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 / BIT Starts 3:00 Vet to Vet 5:00 Movie Night 6:00 Tai Chi / Qigong	14 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 10:00 New Trips Program Idea Meeting 11:00 Intermediate Yoga 11:30 FISCO Lunch 12:30 Knitting Group 1:30 Beginners / Inter. Ping Pong 2:45 Tech Pals 5:00 Food Pantry	15 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 Watercolor Class 1:00 Whole Foods / TJs 1:00 Resource Reveal	16 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 ADU 101 Panel 1:00 Monopoly 2:45 Tech Help
19 CLOSED FOR MARTIN LUTHER KING JR. DAY 	20 8:00 Billiards 9:00 Mindful Movement, 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 1:00 Whole Foods / TJs 1:00 Your Next Chapter 2:00 Ping Pong / BIT 2:00 Book Club 3:00 Vet to Vet 4:30 Health Series 5:30 MMRRC Train Club 6:00 Tai Chi / Qigong 7:30 Amateur Radio Club (PART)	21 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 11:30 Lunch @ Viking Bistro 11:30 FISCO Lunch 12:30 Knitting Group 1:30 Beginners / Inter. Ping Pong 4:00 COA Board Meeting 5:00 Food Pantry	22 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 Watercolor Class 1:00 Whole Foods / TJs	23 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 1:00 Thoreau and Friends 2:45 Tech Help
26 8:00 Billiards 9:30 Bone Builders 10:00 Meditation 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 2:00 Westford Constituent Hour 6:30 Westford Women's Club 7:00 Toastmasters	27 8:00 Billiards 9:00 Mindful Movement, 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 / BIT 3:00 Vet to Vet 6:00 Tai Chi / Qigong 6:30 Dementia Caregiver Support Grp	28 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 Restaurant Review 12:30 Knitting Group 1:30 Beginners / Inter. Ping Pong 5:00 Food Pantry	29 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 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs	30 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

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
2 8:00 Billiards 9:30 Bone Builders 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 7:00 Toastmasters	3 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 / BIT 3:00 Vet to Vet 4:30 Game Night 6:00 Tai Chi / Qigong	4 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 11:30 Lunch @ Viking Bistro 11:30 FISCO Lunch 12:30 Knitting Group 1:30 Beginners/ Inter Ping Pong 5:00 Food Pantry	5 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 Watercolor Class 1:00 Whole Foods/TJs	6 8:00 Billiards 8:30 Food Pantry 9:15 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 2:45 Tech Help
9 8:00 Men's Breakfast 8:00 Billiards 9:30 Bone Builders 9:30 Hearing Screening 11:00 Ask the Realtor 12:00 Gentle Yoga 12:00 BINGO 12:30 SHINE 1:00 Whole Foods/TJs 7:00 Toastmasters	10 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:00 Blood Pressure and More 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 / BIT 3:00 Vet to Vet 5:00 Movie Night 6:00 Tai Chi / Qigong	11 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 11:30 FISCO Lunch 12:30 Knitting Group 1:30 Beginners/ Inter Ping Pong 2:45 Tech Pals 5:00 Food Pantry	12 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 Watercolor Class 1:00 Whole Foods/TJs	13 8:00 Billiards 8:30 Food Pantry 9:15 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Valentine Luncheon 2:45 Tech Help
16 <p style="text-align: center;">CENTER CLOSED FOR PRESIDENTS' DAY</p> 	17 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 1:00 Whole Foods/TJs 2:00 Book Club 2:00 Ping Pong / BIT 3:00 Vet to Vet 4:30 Health Series 5:30 MMRRC Train Club 6:00 Tai Chi / Qigong 7:30 Amateur Radio Club (PART)	18 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 11:30 FISCO Lunch 12:30 Knitting Group 1:30 Beginners/ Inter Ping Pong 4:00 COA Board Meeting 5:00 Food Pantry	19 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 Resource Reveal 1:00 Watercolor Class 1:00 Whole Foods/TJs	20 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 1:00 Birthday Celebration
23 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 6:30 Westford Women's Club 7:00 Toastmasters	24 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 / BIT 3:00 Vet to Vet 6:00 Tai Chi / Qigong 5:00 Dinner with Donna 6:30 Dementia Caregiver Support Grp	25 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 Restaurant Review 12:30 Knitting Group 1:30 Beginners/ Inter Ping Pong 5:00 Food Pantry	26 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 Whole Foods/TJs	27 8:00 Billiards 8:30 Food Pantry 9:15 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Women's Lunch 2:45 Tech Help
				<h1>February 2026</h1>

Cameron Center Open Mon, Wed., Thurs., Friday 8 am - 4 pm , Tuesdays 8 am - 8 pm
Library, Billiards Room, Computer Room open M, W, Th, F 8:00 am - 3:45 pm, Tuesdays 8:00 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

Social and Enrichment Activities

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.

BOOK CLUB

Tuesdays, January 20 and February 17 at 2:00 pm

Are you a reader? And do you like to talk about books? Join us in January for the historical fiction novel **The Secrets We Kept** by Lara Prescott, and in February the heartwarming story, **The Borrowed Life of Frederick Fife** by Anna Johnston. You can get the books from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Call Annette 978.399.2326

TECHNOLOGY HELP

Fridays at 2:45 pm

No appointments January 2 or February 20

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, January 14 and February 11

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](https://www.westfordma.gov/2026/01/07/tech-pals-workshops/)

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 group will not be meeting on January 2.**

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.

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 russell@westfordma.gov or 978.399.2330

WESTFORD WOMEN'S CLUB 1976 ~ 2026

Celebrating 50 Years of Friendship, Community and Service.

Next Meetings- Cameron Senior Center in the Multipurpose Room



Mon. JAN 26 at 6:30pm- Program will feature Westford Expressions Toastmasters.

Mon. FEB 23 at 6:30pm- "Getting to Know You" Membership games

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 judymcorbett@yahoo.com

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. They follow a structured curriculum that slowly steps members towards building their skills in a supportive, friendly atmosphere. Since it is self-paced, you can decide when you are ready to give a speech or assume a meeting role. And you will surely be invited to TableTopics to work on impromptu speaking skills. The Westford Club is a high-performing and fun club of dedicated individuals who work to make each meeting fun and enjoyable for all. Meetings are hybrid format so join remotely or in person. Guests are welcome with no obligations.

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

THE MIDDLESEX CENTRAL MODEL RAILROAD CLUB (MCMRRC)

meets the third Tuesday each month at 5:30 pm in the Cameron Senior Center library (second floor) to discuss model railroading and club activities. Anyone interested in model railroading is welcome to attend and learn more about our club. For more information, contact us at MCMRRC1@Outlook.com or visit our Facebook page <https://www.facebook.com/profile.php?id=61572195424728>

Arts and Crafts

WATERCOLOR CLASS WITH PAULA (6 Weeks)

Thursdays starting on Jan 15 - Feb 19
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, 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.



At Left: Volunteers Tongsri Nelson and Dianne Ledder help Chris Mitchell with the Cameron Fall Clean up!

Games

GAME NIGHT

Tuesdays Jan 6 and Feb 3 at 4:30 pm

Join us in January for the colorful card game **UNO** and in February for the new block puzzle game called **Uzzle**. Both games are easy to learn! 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.**



MONOPOLY MEET UP

Friday, January 16, 2026
at 1:00 - 3:00 pm

Take a Chance or Take a ride on the Reading! Join us for traditional Monopoly or bring one of the newer versions to share. This free event is sponsored by the Friends of the Cameron. Snacks provided. 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

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



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

Carrie Hines
M 978.505.1678

carrie.hines@compass.com

Nancy Allam
M 978.505.8865

nancy.allam@compass.com

COMPASS

MONARCH GROUP

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

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REALTOR®

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- 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
Daniel Sullivan, Maintenance
Edna MacNeil, Front Desk
Katherine Russell, Senior Assistant
Margaret Siegel, Registrar
Karen Heitkamp, Newsletter Editor
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Karen Collins, Van Driver
Paul Davis, Van Driver
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Lisa Nee, Van Driver and Assistant Dispatcher
Pam Rovendro, Van Driver

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OUR MISSION:

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

20 Pleasant St., Westford, MA 978.692.5523

www.westfordma.gov/coa

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

BOARD MEETINGS

COA Board Jan 21 & Feb 18 at 4 pm
Friends Board: Thurs. Jan 15 & Feb 19 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.

