



20 PLEASANT ST., WESTFORD, MA

WWW.WESTFORDMA.GOV/COA 978.692.5523

AT THE CAMERON

ROCK AROUND THE CLOCK HOP

Wednesday, April 8 at 12:00 pm at First Parish Church

This event includes fun, food, friendship, dancing and nostalgia!



Who doesn't remember that great era and upbeat music? Get those bobby socks and lets have some fun! Entertainment will be provided by the live band *California Dreamers*. Menu includes favorites from the 1960s: Chicken, rice, broccoli and mushroom casserole, peaches and cottage cheese, rolls and a surprise dessert from the Betty Crocker

Cookbook. Prizes for those who guess dessert correctly at event sign up. **Cost will be \$10.** Call the front desk to sign up at 978.692.5523. **Event Sponsors: Anonymous Sponsor, COA Board and RiverCourt Residences.**

John Clark and the Great American Music Experience presents: **"DANCE HITS of the 50s and 60s"**

Friday, April 10 at 1 pm



Remember when the Hit Parade was flooded with DANCE SONGS? The **Twist**? The **Hully-Gully**? The **Loco-Motion**? John Clark takes us back to this era with his engaging slide presentation loaded with fun audio and video clips. John is an educator and performer delighting audiences throughout the Commonwealth with his extensive programs that share musical themes for all generations. **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.

REGISTRATION UPDATE

As we continue our transition to using Online Registration, the March and April registration will require online registration for the following classes: Tuesday and Thursday Wellbeing Fitness, Wednesday Wellbeing Fitness, Zumba, Intermediate Yoga, Gentle Yoga, Mindful Movement and TaiChi/Qigong class. Please contact Katie at krussell@westfordma.gov or 978.399.2330 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 Monday, March 2nd at 8 am.** If you are a Non Westford Resident (even if you have been "grandfathered"), you will be automatically put on a waitlist. Even if it shows "confirmed" online, you are on a waitlist until notified by staff. This is due to the fact that we give preference to Westford residents.

ANNUAL VOLUNTEER LUNCHEON



We are pleased to announce our annual volunteer luncheon will take place at the Cameron on **Wednesday, April 15 from 12:00 – 1:30 pm.** If you volunteered with the Cameron in 2025, please join us for a wonderful lunch,

entertainment, and recognition of all you do for our Center. Please RSVP by Friday, March 27 to the front desk at 978.692.5523. Please note this event is limited to 2025 volunteers only. **When registering please tell the front desk how you have helped us at the Cameron this year.**

"MYTHS AND MIRACLES OF VICTORIAN MEDICINE"

Friday, April 17 at 1 pm

With Janet Parnes of Historical Portrayals by Lady J



Prepare to gasp, cringe, and chuckle, as you discover the horrifying practices and milestone discoveries that characterize turn-of-the-century medicine! *Proper* Victorian lady Miss Myrtle Mills will reveal its primitive nature as well as life-saving advancements. Join us on

this exploration of patented "remedies" that defy today's medical sense and discoveries that helped form the foundation of 21st-century medicine. Door prizes and refreshments to follow. **This is a free program funded by the Mass. and Westford Cultural Councils and sponsored by the Westford Women's Club but you must register to hold your seat.** Call the front desk to sign up. 978.692.5523.



SAVE THE DATE!
THE SINGING TROOPER,
SGT. DANIEL M. CLARK brings his
"TRIBUTE TO AMERICA'S 250TH"
to the CAMERON

Wednesday, May 20 at 1 pm



Director's Column

Dear Friends,
Appreciate Support

I have always had and appreciated the thinking, "It Takes a Village." The Cameron is a great example of the importance of taking a village in the valuable ways we receive support daily.

This winter has challenged our staff, volunteers and center participants with the harsh weather and limited parking due to the loss the use of the Cameron field. Our staff has experienced hard decisions on how we can best serve those that rely on our important programs, supportive services and wonderful Cameron community. To ensure continued programs we are grateful for the partnership with **Orchard Church, and Roudenbush Community Center** who have provided needed space for Chair Movement, Zumba and Bingo during January thru the start of March. Also, the Franco-American Club has provided additional parking when running a shuttle service to and from the Cameron. Please know that as your director I realize that relocation, changes, and difficult parking aren't your desired choices, but thank you for your patience. As we continue to plan for the coming months and new year, additional modifications may be felt as we ensure staff and financial efficiencies, program/service priorities and goals. Please know your continued input, participation and support are very important as we grow and work through challenges.

I want to **thank the staff** I work with daily for their hard work, suggestions, forward thinking and dedication to each of you and the support of our COA and Friends Boards.

Warmly,
Jennifer

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

News, news, and more good news for this issue from the FRIENDS. First, THANK YOU for joining us in the mission to support the senior center! FRIENDS memberships **now exceed 400** for FY26, highest since the pandemic. It is your support through memberships and donations that is helping the Friends bring special programming to the Cameron at no cost, or reduced pricing. Keep those ideas coming as well. A recent tip brought us Richard Smith's "**Thoreau and Friends**" with 60 in attendance and many asking that we have Richard back for another talk. His depth of knowledge, slides and humorous anecdotes made for an afternoon well-spent at the Cameron.



This spring the Friends Board of Directors is excited to bring you John Clark with his presentation on "**Dance Hits of the 50s and 60s**" on **Friday, April 10th**. (See pg. 1) John has an extensive background teaching community education programs at universities including Brandeis and Tufts as well as an impressive history in the recording industry. John has given over 300 narrated programs to senior living communities and COAs in the past year alone! Take note- he has 50 topics to offer audiences, so **SAVE THE DATE and JOIN US**. I suspect we can have John back again in the fall!

And NEWS FLASH: The Friends has secured noted singer and performer Sgt. Daniel M. Clark- known fondly as "**The Singing Trooper**"- to bring his "**Tribute to America's 250th**" celebration to us right here at the Cameron Senior Center on **Wednesday, May 20th at 1:00 pm**. You will NOT want to miss the dynamic power and passion of his voice, heard in performances of the National Anthem and concerts throughout New England and beyond. Watch for ticket sales in May. Also ahead - the second annual 2026 Friends Membership Madness event (remember last year's Ice Cream Social?) to be held the first week of June.

Share the news!
Lynne Stader, President



Have you Found us on our new Website?

cameronfriends.org

Easy to remember, and easy to find information on the mission of the Friends, Trudy's Boutique, how to become a Member, make donations and more.



Seniors enjoy BINGO thanks to partnership with the Roudenbush Community Center.

Community Resources

HEARING SCREENING

Mondays, March 9 and April 13 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

By appointment only
 Health screenings including blood pressure reading, weight check, medication review, and an opportunity to discuss other concerns with our favorite Town Public Health Nurse, Gail Johnson, BSN, RN by calling and an appointment with her at 978.399.2548.

ASK THE DETECTIVE

Thursday, March 12 and April 9 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, March 12 and April 9 at 11 am
Ryan Monat, FF/Paramedic, Fire Prevention Officer & S.A.F.E. Officer will be here once a month to discuss fire safety.

VETERANS SERVICES



Meet our 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, March 23 and April 27 from 2 - 3 pm
 Join Representative Arciero's District Director, Anita Tonakarn-Nguyen, and Beth Walsh 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, March 9 and April 13 at 11:00 am
 Call 978.692.5523 to schedule an appointment.

Upcoming Events & Info

COFFEE WITH COLIN

Friday, March 20 at 9 am



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



APPLE BLOSSOM FESTIVAL

The Westford Kiwanis will be hosting the annual Apple Blossom Festival May 13-17 with the parade on **Sat, May 16 at 10:00 AM**. The Cameron is excited to participate again and will be looking for volunteers to help with decorating our van and/or participating along the parade route. More details to follow.



Volunteers from the Cameron participated in last year's Apple Blossom Parade!

A DAY of BEAUTY at NASHOBA TECH

One service per patron is FREE!

Thursday, April 2, starts at 10 am

Sign-up is required by calling the Cameron Front Desk at 978.692.5523. Space is very limited. Appointment times will be given closer to the day of the service. **Complimentary services include:**

- Wash & style (blowdry or set)
- Scalp treatment & blowdry
- Conditioning treatment & blowdry
- Cut & blowdry
- Manicure (regular or gel polish)
- Facial
- Waxing (eyebrow, lip, or chin)



Note: Only one primary service per patron is permitted due to time constraints.

"Picture Me" Baby Photo Contest!



Thanks to those who submitted a photo! Watch for updates on this from the Friends of the Cameron to be posted in the lobby.

Health and Wellness Offerings - Fitness Classes

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



BALANCE & MOBILITY FITNESS CLASS

with Marjorie Johnston 8 Wks, Mondays, March 9 - May 4 at 10:30 am
The goal of the class is to increase flexibility, strength, balance and functional movement, all of which improves the ability to perform activities of daily living in a way that's safe, effective and enjoyable. Key audience are those with movement, mobility and/or balance issues, including those who use assistive devices as well as those needing post-rehab help. **Cost is \$16 for the 8 weeks. Westford Residents only. Class size is limited. Call 978.692.5523 to sign up. No class April 20 Patriots Day.**

ZUMBA CLASS with CAROL WING

Tuesday, March 10 - April 28
Thursday, March 12 - April 30
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>

CHAIR MOVEMENT with CAROL WING

Tuesday, March 10 - April 28
Thursday, March 12 - April 30
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 - March 10 - April 28

9 am - 10 am: Beginner - Class Instructor: Stan Fall

10:15 am - 11:15 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. **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 - March 10 - April 28

5:00 or 6:00 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. **Cost for the class is \$40 for the 8 weeks.**

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

BONE BUILDERS

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

Tuesdays and Thursdays 12:30 pm* - 1:30 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 12:00 pm, not 12:30 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, March 10 - Thurs, April 30

Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford (next to Eastern Bank). A full body conditioning class 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>

WELL-BEING GROUP CONDITIONING ONE SESSION PER WEEK

Wednesdays at 9 am

8 weeks beginning March 11 - April 29

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

6 weeks beginning March 9 - April 27

No Classes March 16 and April 20

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>



INTERMEDIATE YOGA

Wednesdays at 9:45 am or 11 am

8 weeks starting March 4 - April 29

No Classes March 18

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>

MEDITATION

Monday, March 23 and April 27 at 10am Join Nicole Laviolette the Town of Westford Community Wellness Coordinator for a **FREE** monthly Meditation. Please sign up at 978.692.5523.

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

Health & Wellness - Information and Resources

FREE HEALTH SERIES

Tuesdays at 4:30 pm, March 24 (new date) and April 21

Join our monthly series with professional speakers from local medical sites on the 3rd Tuesday of every month. In March we will be hosting a valuable 2.5-hour **CPR Adult/Pediatric Heartsaver Course** for those that would like to learn and get certified to save a life! The class size will be limited to 8 folks and the cost is \$45. In April a nurse from Palm Springs Post Acute Rehab Center in Chelmsford will present **"Healthy Swaps, Happy Hearts"** addressing cardiac issues and nutrition. Please sign up at least 3 days prior for planning purposes.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE (SHINE)?

Mondays, March 9 and April 13 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.

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.

DEMENTIA CAREGIVER SUPPORT GROUP - NEW MTG TIME!

Dementia Support: 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.

Healthy Food Resources

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 April 20. Distribution will be Tuesday April 21.**

WESTFORD FOOD PANTRY

Wednesdays from 5 - 7:30 pm

Fridays 8:30 -11 am

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 non-perishable 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>

Social Services and Outreach News

OUTREACH

The Outreach staff are available to support our Westford seniors with issues that arise. Not sure where to turn with a dilemma? Give us a call, and we will do our best to problem solve and/or connect you with helpful resources. Jen and Annette can be contacted at 978.399.2326.

RESOURCE REVEAL

Thursdays, March 19 and April 16 at 1:00 - 2:00 pm

This program highlights a different community resource each month in our lobby; feel free to stop by the table for information and to ask questions. In March UMass Lowell research students will be returning to discuss **Project EATT**. They are seeking participants for their 12-week study that evaluates the impact of nutrition education and FREE home delivered meal kits on one's health. In April Jessica from **Summit Elder Care PACE (Program of All-inclusive Care for the Elderly)** will be available to speak with. The goal of PACE is to allow loved ones to stay home as long as possible.

SENIOR LIVING COMMUNITIES FIELD TRIPs with Annette

Thursday, March 26 from 11 am - 1 pm (approximately)

These facility trips allow you to explore housing options such as retirement communities and assisted living residences. In March we will be going to **The Residence at Freeman Lake 4** Technology Dr., No Chelmsford. This assisted living and memory care facility prides itself on its home-like environment, active community and professional staff services. Whether you are driving there or taking the van, please reserve a spot by calling 978.692.5523.

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. Desserts will be donated by Westford House. Please note that we have changed the days/times for this series. The first talk in March will be on the 3rd Wednesday, but others will vary.

At 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".
- Tuesday April 14th at 1pm, Anaili Hernandez from Badger Funeral Home presentation is designed to be informative, compassionate, and empowering. We aim to provide clarity around topics like planning ahead, easing the burden on loved ones, and understanding funeral options.
- 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. Please call 978.692.5523 to sign up.

MASSACHUSETTS REGISTRY of MOTOR VEHICLES APPOINTMENT LINE FOR CUSTOMERS AGE 65+

Seniors who are at least 65 years of age can call the RMV's dedicated appointment line at 857.368.8005, Mon. - Fri. from 9:00 am to 5:00 pm, to schedule a license or ID renewal appointment, and REAL ID appointments. Call and book an appointment to visit the RMV Service Center location of your choice. AAA Members must contact AAA to book an appointment to visit a AAA office. Visit AAA/NE.com or call your local AAA office.

Housing & Independent Living Resources

FY'27 PROPERTY TAX WORK OFF PROGRAM-APPLICATIONS DUE BY MAY 22.

Many folks are concerned about the increase in property taxes. The Town of Westford Property Tax Work Off program allows Westford residents to work in a Town department in exchange for a reduction in property taxes. The program is for seniors age 60+ and Veterans age 18+ who own and occupy their homes and pay taxes to the town. The maximum benefit is \$1500 minus a few federally mandated deductions. This equates to about 100 hours of work between July 1, 2026 and March 15, 2027. If you're interested, please pick up an application and information packet at the Senior Center front desk and submit to Jennifer Beale by May 22, 2026. If there are more applicants than slots available, we'll hold a lottery in June with new participants given priority. You'll be notified in June if you're able to participate, and then you'll be required to attend an introductory meeting to complete required paperwork including a CORI background check. Please call Jennifer Beale at 978.399.2326 with any questions.

EMERGENCY FINANCIAL ASSISTANCE

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

LIHEAP: 'Tis the season to begin thinking about heating bills! If you are concerned about your ability to pay for heat this winter, consider applying for this federal fuel assistance benefit. The Massachusetts' home energy assistance program (LIHEAP) is a free resource, offered by Community Teamwork in partnership with the Department of Housing and Community Development, to help eligible households pay a portion of winter heating bills. No matter what type of heating source you have, LIHEAP may be able to help you pay your winter heating bills. All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance. You can apply directly through the Community Teamwork website or through Alison, Annette, and Jen B. at the senior center. **Income Eligibility:** Household income (gross) cannot exceed 60% of Massachusetts' estimated State Median Income. Household of 1: \$51,777, Household of 2: \$67,709, Household of 3: \$83,641, Household of 4: \$99,573. **Please note that the government shut down delayed these benefits being determined and applied to heating accounts, but the program is running and you can still apply until April.**

SPRING CLEAN UP NEWS

This yard service has been provided for our local seniors since 2008, and we wish we could continue it but unfortunately each year we have more difficulty recruiting volunteers therefore we're discontinuing it. We will take your name if you are in serious need of free yard help *in case*, we get volunteers offering to help but we cannot guarantee that will happen. Please seek out other options and remember to sign up for fall cleanup which is still being provided. Also, we have volunteer handymen that can put out your patio furniture or do other light projects. Please leave your name with Annette or Jen at 978.399.2326.

Housing & Independent Living Resources (continued)

ARE YOUR HOME ADDRESS NUMBERS VISIBLE?

We want to be sure your home can be found quickly in the event of an emergency. We have heard from our town emergency services and health dept that there are homes in town without visible numbers! If they are looking for an unmarked home precious minutes can be lost to help you and your loved ones. We've been informed by the fire dept that home numbers should meet the following criteria: they should be of contrasting color to your home (i.e. black on white), permanently fixed, visible from the street and at least 3 inches tall or greater. Numbering your mailbox is also suggested. If your home is not well marked or your numbers cannot be seen from the street and you would like some assistance, please contact Outreach at 978-399-2326. We have volunteer handymen that can secure numbers to your home and mailbox. Please call, don't wait for an emergency.

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.

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 March 4, 11, 18, 25 at 11:30 am - 1:30 pm and

New Tuesdays Starting March 31 at 12 pm - 2 pm through end of April

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.

MEN'S BREAKFAST *

Mondays, March 9 and April 13 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 March** we will be hearing from Ryan Monat, FF/Paramedic, Fire Prevention Officer & S.A.F.E. Office. **Our April** speakers will be Alison Christopher, LICSW Social Worker and Jen Beal the Outreach Coordinator at the Cameron Senior Center. 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, March 20 and April 24 at 12 pm

Thank you to the League of Women Voters for coordinating with the Westford Police Department and having Det. Ian McEnaney, the Westford Police Department's Family and Elder Services Detective, will present practical tips on protecting against identity theft and common internet and phone scams. The program will cover how to recognize warning signs, reduce risk, and what to do if fraud is suspected. In April, Enjoy our latest Spring trends with a Trudy's Fashion Show! If you are interested in being a model please let Katie know at krussell@westfordma.gov. **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

VIKING BISTRO LUNCH - TWO DATES!



Wednesday, March 11 at 11:30 am at NVTHS
Pork Loin or a Vegetarian Option

Wednesday April 29 at 11:30 am at NVTHS
Chicken Piccata or a Vegetarian Option

Enjoy lunch prepared and served by the culinary art students from Nashoba Tech's Culinary and hospitality program at the Viking Bistro. This lunch will take place at Nashoba Tech and let us know your meal choice ahead of time. Space is limited and preference to Westford Residents so please RSVP 978-692- 5523 asap **Cost will be \$15 please pay at the Cameron before the lunch** but remember to bring a few dollars to tip the students who serve you.

RESTAURANT REVIEW

Wednesdays, March 25 and April 22 at 11:30 am

In March let's meet at **STIR**, 137 Littleton Rd, Westford and in April the **Establishment** at 75 Princeton St, No. Chelmsford. Please pre-register at 978.692.5523 and if you decide not to go, please call us to cancel 5 days in advance so others on the wait list can be moved up. Thank you. Bon Appétit.

MOVIE SHOWINGS*

Second Tuesdays of the Month at 5 pm

March 10 and April 14

Join us in March for the infamous Rob Reiner romcom movie, **When Harry Met Sally**, starring Billy Crystal and Meg Ryan. In April we will watch the new drama movie based on a true story, **Sarah's Oil**. Sarah Rector becomes one of America's first black female millionaires when oil is found on her land. **Just \$5.00** for a movie, popcorn, refreshments and a light meal. Please call to sign up 3 days prior at 978.692.5523. **Thank you to the Friends of the Cameron for subsidizing costs.**



BOILED DINNER

Friday, March 13 at 12:00 pm

On St. Patrick's Day, everyone's Irish! So lets celebrate with good music and good food! Music preformed by our Music Makers and a boiled dinner prepared by students of Nashoba Tech Culinary Arts Program. Don't forget to wear green! **Cost is \$15.** Call 978.692.5523 to sign up.



DINNER with DONNA and a LOCAL COMEDIAN

April 28 Dinner at 5 pm, Entertainment at 6 pm

Please join us to thank **Donna** for our last regularly scheduled Dinner with Donna. We've been fortunate to have her every few months whipping up delicious meals since 2021. She and her crew will be preparing a baked ziti and meatball dinner with garlic bread and Caesar salad. A comedian will follow to help brighten our spirits with the power of laughter. Be sure to call and sign up quickly, dinner slots fill fast. 978.692.5523. **\$10 for dinner and entertainment** or \$5.00 for just the entertainment. **Thank you to Friends of the Cameron and the Food Pantry for subsidizing the costs for this event.**



Chuck and Donna Dutton

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:00 Program Registration Begins 8:00 Billiards 9:30 Bone Builders 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 7:00 Toastmasters	3 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 9:30 Ask the Lawyer 10:00 Well Being Fitness 10:15 Chair Movement / Adv. Mind Mvmt 10:30 Spanish Class 12:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong / BIT 3:00 Vet to Vet 4:30 Game Night 5:00 Tai Chi / Qigong 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 FISCO Lunch 1:00 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 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs	6 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 Coffee Chit Chat Club 2:45 Tech Help
9 8:00 Billiards 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:30 Balance & Mobility 11:00 Ask the Realtor 12:00 BINGO 12:00 Gentle Yoga 12:30 SHINE 1:00 Whole Foods / TJs 7:00 Toastmasters	10 8:00 Billiards 9:00 Mindful Movement 9:00 Open Art Studio 9:15 ZUMBA 10:00 Well Being Fitness 10:15 Chair Movement / Adv. Mind Mvmt 10:30 Spanish Class 12:30 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong / BIT 3:00 Vet to Vet 5:00 Movie Night 5:00 Tai Chi / Qigong 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 Lunch @ Viking Bistro 11:30 FISCO Lunch 1:00 Knitting Group 1:30 Beginners / Inter Ping Pong 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 the Fire Prev. Officer 12:00 Hand and Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs	13 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 Coffee Chit Chat Club 12:00 Boiled Dinner 2:45 Tech Help
16 8:00 Billiards 9:30 Bone Builders 10:30 Balance & Mobility 12:00 BINGO 1:00 Whole Foods / TJs 7:00 Toastmasters	17 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Well Being Fitness 10:15 Chair Movement / Adv. Mind Mvmt 10:30 Spanish Class 12:30 Bone Builders 1:00 Open Art Studio 2:00 Book Club 2:00 Ping Pong / BIT 3:00 Vet to Vet 5:30 MMRRC Train Club 5:00 Tai Chi / Qigong 6:00 Tai Chi / Qigong 7:30 Amateur Radio Club (PART)	18 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:30 FISCO Lunch 1:00 Knitting Group 1:00 Death & Dying w/ Deserts 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 12:30 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs 1:00 Resource Reveal	20 8:00 Billiards 8:30 Food Pantry 9:00 Coffee with Colin 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 Coffee Chit Chat Club 12:00 Women's Lunch 2:45 Tech Help
23 8:00 Billiards 9:30 Bone Builders 10:00 Meditation 10:30 Balance & Mobility 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	24 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Well Being Fitness 10:15 Chair Movement / Adv. Mind Mvmt 10:30 Spanish Class 12:30 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong / BIT 3:00 Vet to Vet 4:30 Health Series 5:00 Tai Chi / Qigong 6:00 Tai Chi / Qigong 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 1:00 Knitting Group 1:30 Beginners / Inter. Ping Pong 2:45 Tech Pals 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 11:00 Senior Field Trip w/ Annette 12:00 Hand and Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs	27 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 Coffee Chit Chat Club 2:45 Tech Help
30 8:00 Billiards 9:30 Bone Builders 10:30 Balance & Mobility 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 7:00 Toastmasters	31 8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Well Being Fitness 10:15 Chair Movement / Adv. Mind Mvmt 10:30 Spanish Class 12:00 FISCO Lunch 12:30 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong / BIT 3:00 Vet to Vet 5:00 Tai Chi / Qigong 6:00 Tai Chi / Qigong			<h1>March 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>April 2026</h1>		1 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 1:00 Knitting Group 1:30 Beginners/ Inter Ping Pong 5:00 Food Pantry	2 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Day of Beauty 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:30 Bone Builders 1:00 Whole Foods/TJs	3 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 Coffee Chit Chat Club 2:45 Tech Help
6 8:00 Billiards 9:30 Bone Builders 10:30 Balance & Mobility 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 7:00 Toastmasters	7 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 WellBeing Fitness 10:15 Chair Movement / Adv Mind Mvmt 10:30 Spanish Class 12:00 FISCO Lunch 12:00 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong / BIT 3:00 Vet to Vet 4:30 Game Night 5:00 Tai Chi / Qigong 6:00 Tai Chi / Qigong	8 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 12:00 Rock Hop 1:00 Knitting Group 1:30 Beginners/ Inter Ping Pong 5:00 Food Pantry	9 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Ask the Detective 11:00 Ask Fire Prev. Officer 12:00 Hand and Foot 12:30 Bone Builders 1:00 Whole Foods/TJs	10 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 Coffee Chit Chat Club 1:00 Dance Hits 50's & 60's 2:45 Tech Help
13 8:00 Men's Breakfast 8:00 Billiards 9:30 Bone Builders 9:30 Hearing Screening 10:30 Balance & Mobility 11:00 Ask the Realtor 12:00 Gentle Yoga 12:00 BINGO 12:30 SHINE 1:00 Whole Foods/TJs 7:00 Toastmasters	14 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 WellBeing Fitness 10:15 Chair Movement / Adv Mind Mvmt 10:30 Spanish Class 12:00 FISCO Lunch 12:30 Bone Builders 1:00 Death & Dying w/ Deserts 1:00 Open Art Studio 2:00 Ping Pong / BIT 3:00 Vet to Vet 5:00 Movie Night 5:00 Tai Chi / Qigong 6:00 Tai Chi / Qigong	15 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 12:00 Volunteer Luncheon 1:00 Knitting Group 1:30 Beginners/ Inter Ping Pong 4:00 COA Board Meeting 5:00 Food Pantry	16 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Friends Board Meeting 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:30 Bone Builders 1:00 Resource Reveal 1:00 Whole Foods/TJs	17 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 Coffee Chit Chat Club 1:00 Myths & Miracles 2:45 Tech Help
<h2>CLOSED FOR PATRIOTS DAY</h2> 	21 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 WellBeing Fitness 10:15 Chair Movement / Adv Mind Mvmt 10:30 Spanish Class 12:00 FISCO Lunch 12:30 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 5:00 Tai Chi / Qigong 6:00 Tai Chi / Qigong 5:30 MMRRC Train Club 7:30 Amateur Radio Club (PART)	22 8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 9:45 Intermediate Yoga 11:00 Intermediate Yoga 11:30 Restaurant Review 1:00 Knitting Group 1:30 Beginners/ Inter Ping Pong 5:00 Food Pantry	23 8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats /Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:30 Bone Builders 1:00 Whole Foods/TJs	24 8:00 Billiards 8:30 Food Pantry 9:30 Music Makers 9:30 Ping Pong 10:00 Sewing / Quilting 10:30 Coffee Chit Chat Club 12:00 Women's Lunch
27 8:00 Billiards 9:30 Bone Builders 10:00 Meditation 10:30 Balance & Mobility 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Westford Constituent Hour 7:00 Toastmasters	28 8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 WellBeing Fitness 10:15 Chair Movement / Adv Mind Mvmt 10:30 Spanish Class 12:00 FISCO Lunch 12:30 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong / BIT 3:00 Vet to Vet 5:00 Dinner with Donna 5:00 Tai Chi / Qigong 6:00 Tai Chi / Qigong 6:30 Dementia Caregiver Support Grp	29 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 1:00 Knitting Group 1:30 Beginners/ Inter Ping Pong 2:45 Tech Pals 5:00 Food Pantry	30 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 12:30 Bone Builders 1:00 Whole Foods/TJs	

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

NEW: COFFEE & CHIT CHAT CLUB

Fridays at 10:30 am starting on Friday, March 6

Bring your own Coffee or Tea and enjoy a nice social environment with casual conversations to meet new people. Drop in and say hello.

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, March 17 and April 21 at 2:00 pm



Are you a reader? And do you like to talk about books? Join this wonderful group in our cozy library for hearty discussions. In March we will discuss the New England based mystery drama, **The Berry Pickers** by Amanda

Peters, and in April the inspiring biography, **Now I Am Known: How A Street Kid Turned Foster Dad Found Acceptance and True Worth** by Peter Mutabazi. You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978.399.2326

TECHNOLOGY HELP

Fridays at 2:45 pm - No Appointments on Friday April 24.

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, March 25 and April 29

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 – high school volunteers – to share their digital know-how with seniors, one "Pal" at a time. Think of it as the coolest tech support hotline...but way more personal and fun. [Please sign up for these informative workshops at 978.692.5523](#)

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 UPBEATS, practices each Thursday morning at 10 am. Feel free to bring your instrument, and enjoy this talented group of musicians.

2026 WESTFORD COMMUNITY GARDENS SEASONAL REGISTRATION

Spring is coming! Come join us for the upcoming WCG Season. Westford residents may apply for garden plots when applications become available in February. New members are encouraged to register on westfordcommunitygardens.org to receive notification when applications are open.

Garden members come together in late April to open the garden, which is then available for planting in early May. The growing season runs from May through October. For more information please reach out westford.community.gardens@gmail.com Happy Growing!



Photo Credit: Daphney Hilaire

WESTFORD WOMEN'S CLUB 1976 ~ 2026

Celebrating 50 Years of Friendship, Community and Service.

Next meetings: Cameron Senior Center Multipurpose Room

Mon. MAR 23 at 6:30 pm- Guest Speaker Meryl Glassman, Development Director for Dignity Matters.

Tues. APR 14 at 5:30pm- Celebration Anniversary Banquet. For more information or to learn more about becoming a member contact us at westfordwomensclub@gmail.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 (4 Weeks)

Thursdays March 5th - March 26th
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 \$80.00 for residents and \$100.00 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 1pm - 3:45 pm

The knitting and fiber arts group meets in the Cameron library on the second floor. Whether you are a skilled knitter, interested in learning or would like to join us for a chat, all are welcome. We have yarn, needles and patterns available for projects. Please stop by and join us.



DOLL HOUSE RESTORATION

Are you interested in restoring an doll house and making miniatures and meeting people with similar interests. Please email or call Katie for more information at 978.399.2330. or krussell@westfordma.gov



Games

GAME NIGHT*

Tuesdays March 3 and April 7 at 4:30 pm

All the games played are fun and easy to learn. In March we will host **Bunco**, a simple dice game, (which was cancelled in Dec due to weather) and in April we will try for the first time **Heads UP**, an Ellen DeGeneres game.

The cost is \$4.00 for refreshments and a light meal. Please sign up in advance for planning purposes, 978.692.5523. **Thank you to the Friends of the Cameron for subsidizing costs.**



CARD GAMES

Come play cards at the Cameron

Hand and Foot on Thursdays at 12:00 pm - 3:30 pm

Bridge on Thursdays at 9:00 am - 12:30 pm

Please register for selected card game(s) at the front desk at 978.692.5523. If there is a cancellation; we can notify you by phone.



BINGO

Every Monday (except holidays) at 12 pm

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 - 4 pm , Fridays at 9:30 am - 12 pm

Beginner / Intermediate Ping Pong Wednesdays at 1:30 pm

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a fun group of people who really enjoy ping pong and one another. If you would like to play, RSVP by calling 978.692.5523 so we know how many tables to set up.



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

Travel

ICELAND'S MAGICAL NORTHERN LIGHTS DISCOVERY

November 10 – 16, 2026 - Sign up before May 11th 2026!
Join Collette Tours on a 7 Day trip to Iceland. 11 meals included. Trip Highlights include Reykjavik, Northern Lights Cruise, Search for the Northern Lights, Golden Circle, Thingvellir National Park, Lava Exhibition Center, Vik, Jökulsárlón Glacial Lagoon, Blue Lagoon. For more 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) _____

ADDRESS _____

TOWN _____ PHONE _____

EMAIL _____

INDIVIDUAL MEMBERSHIP \$20
 FAMILY MEMBERSHIP \$30

Please accept my DONATION. AMOUNT \$ _____

Check one:
FRIEND+ (up to \$99) _____ SILVER (\$250-\$499) _____
BRONZE (\$100- \$249) _____ GOLD (\$500+) _____

Drop off or Mail to:
Friends of Cameron, 20 Pleasant St., Westford, MA 01886. Checks made payable to: Friends of Cameron. Questions call 978.692.5523.



Have you Found us on our new Website?
cameronfriends.org
Easy to remember, and easy to find information on the mission of the Friends, Trudy's Boutique, how to become a Member, make donations and more.



DOLAN FUNERAL HOME

James F. Dolan
Type 3 Funeral Director

Andrew J. Dolan
Type 3 Funeral Director

Frederick W. Healy
Type 6 Funeral Director

www.dolanfuneralhome.com

106 Middlesex Street
North Chelmsford

978-251-4041

Pre-Planned
Funeral Counseling



**RIVERCOURT
RESIDENCES**

Independent Living • Assisted Living • Memory Care • Respite Stay

Proudly serving Seniors and the Community since 2002

Spacious One Bedroom and Studio Apartments • Fine Dining • Housekeeping • Laundry • Transportation
Personal Care • Medication Management • Social, Health and Wellness Programs • 24/7 Certified Staff

RiverCourt Residences sits on the scenic banks of the Squannacook River.

Come visit this beautifully renovated historical mill and see the spectacular waterfall for yourself.

www.rivercourtresidences.com - 978-448-4122 - 8 West Main St., Groton, MA

Interested in
ADVERTISING
with us?
CALL TODAY!
978-392-1302

**R.A.NOLET
D.B.A. A-1
Tree & Landscape**

When only the best will do
Lawn, Tree & Shrub Maintenance
Hydroseeding • Snow Plowing
978-692-7825
Landscaping Excellence for over 50 years
Fully Insured • Bob Nolet SR., Horticulturist
www.a1treeandlandscape.com



Collision Repair • Computerized Measurement
Rental Cars • Certified Techs
“Free Local Pickup & Delivery”

978-577-6188 • 496 Groton Rd., Westford



**COMPREHENSIVE
MEMORY CARE**

978.226.1094
Find Education & Support:
MemoryCareWestford.com

108 Littleton Road | Westford

MASS RELAY 711

Circle Health Westford



This facility offers key services including urgent care, a Lowell General patient service center, diagnostic imaging services, primary care physicians, obstetrics and gynecology, as well as specialty clinics with Boston’s top pediatric specialists from the Floating Hospital for Children at Tufts Medical Center



To learn more, visit www.circle-health.org/westford



**ANGELA CAPUTO GRISWOLD,
REALTOR®**

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®**

857.523.9053
angela@erakey.net
HomeSalesWithAngela.com
1 Chelmsford Street, Chelmsford, MA 01824
5 Savin Hill Avenue, Boston, MA 02125

ERA REAL ESTATE
Key Realty SERVICES

INTEGRITY + DEDICATION + SUCCESS



Angela Caputo Griswold, REALTOR®
ABR: Accredited Buyer Representative
PSA: Pricing Strategy Advisor
RENE: Real Estate Negotiation Expert
SRS: Seller Representative Specialist
SRES: Seniors Real Estate Specialist





Connecting to
What Matters
That's the Benchmark
Difference.

Call today to learn about
our Mind & Memory
approach and Respite
by Day program.
978.801.1297

The Atrium
at Drum Hill

A Benchmark Senior Living Community
for the Memory Impaired

2 Technology Drive
North Chelmsford MA
AtriumAtDrumHill.com



BRIAN MURPHY
itman

In-home Mac or PC Help
Hardware & Software Install
Training | Upgrades
Virus & Malware Removal
Remote assistance and pickup & drop-off
Brian@The-IT-Man.com
978-369-3348 | WWW.THE-IT-MAN.COM

MARGARET A. HOAG
KATHLEEN M. O'CONNOR

Estate Planning • Elder Law • Probate

978-266-0101

mhoag@eckel-law.com

kittyoconnor@eckel-law.com



ECKEL, HOAG
& O'CONNOR
ATTORNEYS AT LAW

267 Great Road • Acton | www.eckel-law.com

J.A. Healy Sons
A Celebration of Life Funeral Home

57 North Main Street
Westford, Massachusetts 01886
978-692-6502
www.healyfuneralhome.com

HOW WILL YOU
BE REMEMBERED?



Interested in
ADVERTISING
with us?
CALL TODAY!
978-392-1302



**ORTHOTIC
SOLUTIONS**

Covered by
Insurance for
People with
Diabetes with Rx



Call us today for a FREE in-home assessment 774-205-2278

TRAIN WITH SHAIN

IN HOME BALANCE THERAPY AND FITNESS TRAINING FOR SENIORS

Steven R. Shain
(508) 231-6378

www.trainwithshain.net
trainwithshain@gmail.com

ACSM certified cpt/hfi
CPR/AED certified
Fully Insured

COUNCIL ON AGING

20 Pleasant Street, P.O. Box 2223
Westford, MA 01886-5323

PRESORTED
STANDARD
US POSTAGE
PAID
WESTFORD, MA
PERMIT NO. 202

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

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
Karen Collins, Van Driver
Paul Davis, Van Driver
Steve Ducharme, Van Driver
Steve Harrington, Van Driver
Ed Jarvis, Van Driver
Lisa Nee, Van Driver and Assistant Dispatcher
Pam Rovendro, Van Driver

COUNCIL ON AGING BOARD MEMBERS

Robert "Bob" Tierney, Member Emeritus
Nancy Cook, Chair
Terry Stader, Vice Chair
Kathryn Wilson, Clerk
Patricia Dubey
Patricia Holmes
Joseph Lapiana
Barbara Upperman



FRIENDS OF CAMERON BOARD MEMBERS

Lynne Stader, President
Pat Reppucci, Vice President
Kevin McGuire, Treasurer
Erin Nielson, Secretary
Donna Owens
Frances Kosenko
Gail Austin
Terry Cryan
Katharine Karr
Mariann Patterson
Christine Robinson

OUR MISSION:

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

20 Pleasant St., Westford, MA 978.692.5523

www.westfordma.gov/coa

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

BOARD MEETINGS

COA Board March 18 & April 15 at 4 pm
Friends Board: Thurs. March 19 & April 16 at 10

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.

