

WESTFORD COUNCIL ON AGING NEWSLETTER

JULY/AUGUST 2016

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.

20 PLEASANT ST., WESTFORD, MA

978-692-5523.

www.westfordma.gov/coa



MISSION STATEMENT: The Council on Aging promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life. The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

Jennifer Claro
Director of Elder Services

Alison Christopher
L.I.C.S.W./Social Worker

Annette Cerullo, LSW
Elder Outreach Coordinator

Claire France Records Supervisor
Marjorie Hunter Registrar
Jean Mahoney Registrar
Eugene JungbluthLead Van Driver Admin
Charles Dutton ..Lead Van Driver Dispatch
Marie LawrenceNutrition Site Manager
Christopher Mitchell Maintenance
Peter MurphyEvening Supervisor
Katherine Russell.....Senior Assistant
Helena Crocker.....Chair

COUNCIL ON AGING BOARD MEMBERS

Robert TierneyVice Chair
Nancy CookClerk

Dorothy Hall, Patricia Holmes,
Ret. Chief George Rogers,
Kathryn Wilson

Edward GreenwoodPresident

FRIENDS OF THE CAMERON OFFICERS

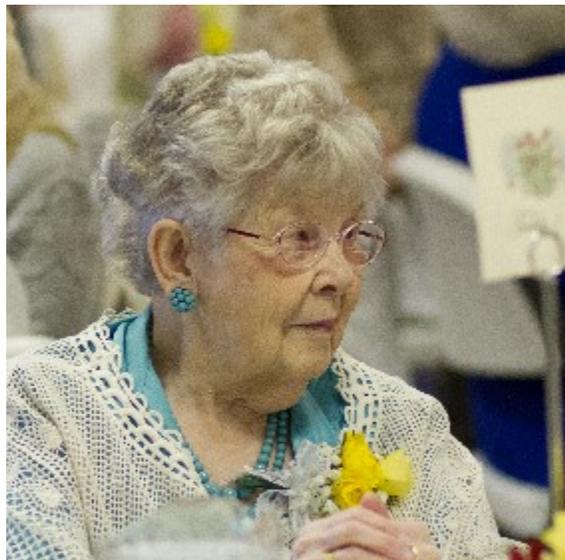
Richard SeverynVice President
Joyce CederbergSecretary
Joyce Newton Treasurer
Barbara Upperman..... Asst. Treasurer

CAMERON SENIOR CENTER WILL BE CLOSED INDEPENDENCE DAY – MONDAY, JULY 4

27th ANNUAL GAY NINETIES A FABULOUS TIME!

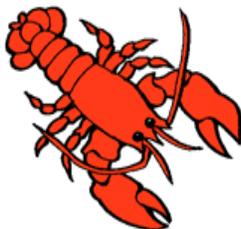
We were thrilled to honor 30 Westford resident age 90 and over on May 24th at the Franco American Club. It was nice to have so many friends coming to celebrate so many of Westford's finest residents and enjoying a delicious lunch together. We would like to thank our sponsors of this event which include: **The Friends of Cameron Senior Center, Emerson Hospital, Westford Rotary Club, Cook Oil and Westford Florist.**

A special thanks to Claire France for her countless efforts in organizing this memorable event and **Farmhouse Photography** for capturing so many special faces!



OUR FIRST ANNUAL LOBSTER BAKE!

**Come Join Us at Cameron on
Friday, July 15 at 12:30 pm**



Menu: fresh boiled lobster prepared by Market Basket, seasoned new potatoes, coleslaw, bread, summer dessert and beverage. Cost \$10 Friends members and \$13 Non-Friends members.

Please RSVP 978 692 5523

GAINING GROUND

Annette Cerullo, Outreach Coordinator and Henry Duran, Cameron Volunteer visit with **Fan Watkins, Director of Gaining Grounds and Board Member Gretchen Nelson** to learn more about the organic produce that is provided to the Cameron for distribution to households in Westford.

New this year, all households in Westford can qualify for this very fresh, organic produce by simply meeting the income guidelines of the Fuel Assistance program. We are appreciative to the **Westford Housing Authority Director, Paul Teixeira** for allowing the distribution to be held at the Westford Senior Housing community room for ten weeks.



NEW PROGRAMS

INTERESTING PROGRAM! ~ DoTERRA ESSENTIAL OILS

Tuesday, July 12 at 11am come learn the many benefits essential oils can have in your life, from better breathing, memory, and relaxing, sleeping and even digestive help. Join us in the Cameron library! Please call 978-692-5523 to sign up.

NEW! "STRESS MANAGEMENT THROUGH SELF-CARE WORKSHOPS"

Monday's September 12 & September 19 at 10:30am

You are probably well aware that proper nutrition, exercise, and sleep are important tools for living a healthy lifestyle. But do you realize that your ability to manage stress is just as important for your overall health and well-being? Join Health and Wellness Professional Lauren McHugh as she describes the effect that stress has on our health and shares some simple but powerful strategies for preventing and reducing it. This interactive course will give you the tools you need! Lauren McHugh has a B.A. in Behavioral Sciences from Bentley University. She is a Wellness coaches' Certified Health and Wellness Coach, National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Fitness Nutrition Specialist, NASM Senior Fitness Specialist, and "A Matter of Balance" Coach. Please register by calling 978-692-5523.

NEW *THE MEMORY CAFÉ *

We are pleased to announce a new initiative that will start in September at the JV Fletcher Library. On the 3rd Tuesday of each month we will host a Memory Café for folks to drop in. A Memory Café is a welcoming, casual place for people with forgetfulness or other changes in their thinking. Cafés are a place to talk with others who can relate to what you are going through. Your friends and family are welcome also. Come enjoy one another's company on September 20th from 10:30 a.m. to 11:30 a.m. in the ground level meeting room of the town library. This is a collaborative effort with the Westford Council on Aging and ComForCare, a local home care agency. Any questions, please call Annette, Outreach at 978-399-2326.

ATTENTION ALL CAMERON PARTICIPANTS

Please let us know if you would like to receive a special "automated message" since we now have this new feature available through 'My Senior Center'. It allows our staff an efficient way to share information concerning occasional special events, center closings/information. If you would like to be on this automated call list please let the front desk know by calling 978-692-5523.

Thank you!

COA VAN TRIPS

FUN COA VAN TRIPS with our favorite drivers EVER:

Some fun at KIMBALL FARM:

Jump on the COA van for a short trek to Kimball Farm on **Tuesday's July 26** and **August 23 at 11am**. Enjoy a lovely lunch (on your own) and a **free** Kiddy Kimball ice cream cone just sign up by calling 978 692 5523. Each trip goer will be given a complimentary ice cream ticket on the van. Seats are limited. Cost \$3.

Heading Back to Revere Beach Sand Sculpture Festival

Friday, July 22 at 10am

Enjoy a scenic COA Van to Revere Beach to view impressive sand sculptures, inhale that fresh sea air and simply relax. On the way home we will stop at Kelly's Roast Beef for lunch which will be on your own. Trip is \$8.00/p - RSVP- 978-692-5523.

The Paper House / Rockport Trip

Monday, August 15 at 10am

Chuck, our transportation dispatcher is excited to announce "his trip" to The Paper House in Rockport. After viewing the house you will be able to stroll and explore and have lunch in down town Rockport. Lunch will be on your own. Paper House Trip is \$10/p and seats are limited.

Food & Friendship

A GREAT WAY TO START YOUR DAY!

Join us each morning from 8-10AM for some fresh pastries, fruit, bagels and your favorite AM beverage. If you're real lucky you will be greeted by Angelo Fillios and Chef Dave.

LUNCH AT CAMERON

Come join the "Chef Dave" Loiselle and Cameron friends each Wednesdays and Friday at noon for a fresh meal accompanied by a beverage, drink and a few "surprises". Please sign up two business days in advance by calling 978. 692. 5523. We will do our best to accommodate late registrants on a first come first serve basis. Cost-\$3

JULY

Friday July 1- Salad Bar

Wednesday July 6 – Grilled Cheese

Friday July 8 - Salad Bar

Wednesday July 13 – Hot Dogs & Beans

Friday July 15 - No Salad Bar (due to Lobster Bake)

Wednesday July 20 – Beef Stew

Friday July 22 - Salad Bar

Wednesday July 27 – American Chop Suey

Friday July 29- Salad Bar

AUGUST

Wednesday August 3 – Hero Sandwich's

Friday August 5 - Salad Bar

Wednesday August 10 – Burgers

Friday August 12 - Salad Bar

Wednesday August 17 – Pizza

Friday August 19 - Salad Bar

Wednesday August 24 – Casserole Medley

Friday August 26- Salad Bar

Wednesday August 31 – BLT's

FRIENDS OF CAMERON GRILL NIGHT

The Friends and the COA invite you to sign up for the following grill night. We eat indoors. **Reservations are a must.** Please call 978-692-5523.

Thursday, July 21 at 4 PM

Hamburgers and hot dogs served, please bring a salad or dish for all to share. The **cost is \$2.00 for Friends' Members and \$4.00 for non-Friends' Members.**

THE CAMERON SENIOR CENTER INVITES YOU

TO THE FOLLOWING THREE SPECIAL EVENTS

Reservations are a must. Please call 978 692 5523.

♦ **KIWANIS COOKOUT**

Tuesday, August 9 at 5:30 pm

The Kiwanis will host again this year an evening cookout at the Cameron. Please bring a salad or dessert for all to share.

♦ **REPRESENTATIVE COOKOUT**

Thursday, August 18 at 11:30 am

Representative Jim Arciero will again be hosting his well received cookout at Cameron. This is a great opportunity to meet and share questions with him!

♦ **SENATOR DONOGHUE LUNCH & DESSERT**

Tuesday, August 23 at 11:30 am

Senator Donoghue will be sponsoring a lite summer lunch with cake and ice cream for dessert. Join us to hear what information the Senator has to share. She will be happy to answer your questions.

WOMEN'S BREAKFAST

NOTE: Woman's Breakfast is on summer break.

Enjoy your summer and see you back on **Thursday, September 8!**

MEN'S BREAKFAST

July and August we will be on summer break. We look forward to seeing everyone again on **Tuesday, September 13!**

LUNCH & LEARN – Please RSVP for the Lunch and Learn

Program at 978 692 5523 so we can plan for food. The first 18 people are guaranteed food.

- * Friday, July 8, at 12:15p.m. ~ Nutritionist from Assurance Healthcare
- * Friday, August 12, at 12:15p.m. ~ Flower Presentation by Floral Arts
- * Friday, September 9, at 12:15p.m. ~ Representative of the Lowell Association for the Blind.

RESTAURANT REVIEW ~ JOIN US!

- **Wednesday, July 27 at 11:30 am at Jade Pacific, 770 Boston Road, Billerica.**
- **Wednesday, August 31 at 11:30 am at Good Thymes Restaurant, 1278 Gorham St., Lowell.**

Please pre-register at 978-692-5523, so we can ensure adequate seating. When you arrive, check in under "Westford Senior Center." Bon Appétit!

BIRTHDAY CELEBRATIONS with Bill Vullo

Join us **Thursday, July 28 at 12:30 pm** for grilled chicken, pasta salad, *cake and ice cream.*

Join us **Thursday, August 25 at 12:30 pm** for Italian sausages, Caesar salad, cake and ice cream.

Lunch will be provided **free for birthday celebrants ~ \$5 for everyone else.**

All are welcome to join us for free cake and ice cream at 1 p.m., in the Welcome Area at the Cameron. For any of the above options, RSVP to 978-692-5523 by Thursday, July 21 or August 18 respectively.

SIZZLING SUMMER PARTY

Tuesday, August 30 at 12:30P.M.

Put out your favorite relaxing summer outfit and join us for some juicy BBQ Chicken, those favorite sides and a slice of cheesecake topped with strawberries. Our own band 'The Upbeats' will be performing! A special thanks to our sponsors Elder Services of Merrimack Valley and the Traveling Chef from Lindley's catering. Please rsvp to 978 692 5523.

VETERAN'S LUNCHEON with Hosts: Bill Vullo and Terry Stader

Veterans and their spouses are invited to our next Veterans Luncheon series at the Cameron Senior Center on **Thursday, August 11 at 12:30 pm.** and a film **The Debt of our Honor.** Lunch is donated by American Legion Post #159. Please RSVP to the Cameron Senior Center, 978-692-5523

ELEGANT CHEF ~ Lunches from Nashoba Tech will be returning in September see date announcement in our next newsletter.

MEALS ON WHEELS – Monday through Friday.

Hot, nutritious meals delivered to home-bound seniors – either on a temporary basis (post-surgery) or a long-term basis. Traditional

Health & Wellness

and special diets are available, with a doctor's authorization. Call 1-800-892-0890 to register.

BLOOD PRESSURE & MORE – Health screenings including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns. Available at Cameron Senior Center:

- **Tuesdays: July 12 and August 9 at 9 a.m.** with the Westford Board of Health.

PODIATRY CLINIC – Monday, July 18 at 9:30 a.m.

Advance appointments are necessary with Dr. Aileen Gregorian. Call 978-692-5523. **Cost is \$30.**

BOARD OF HEALTH CLINIC

Mondays: July 11 and August 8 from 9:30 - 11:30 a.m. Hearing/Hearing Aid Screenings at Cameron with **Dr. Megan Ford from HearSmart Audiology** of Littleton.

By appointment only. To book your 40-min. appointment, call the Board of Health at 978-692-5509.

THANKS TO THE GENEROSITY OF THE FRIENDS OF CAMERON SENIOR CENTER, EXERCISE CLASSES ARE FREE. PLEASE CONSIDER A DONATION TO 'THE FRIENDS.'

NOTE: SEE MONTHLY CALENDARS FOR CLASSES.

Fitness and Exercise

WE INVITE ALL TO PARTICIPATE

FITNESS/STRENGTH TRAINING ROOM

Monday – Friday, 8 a.m. - 3:30 p.m.

We have a splendid variety of equipment for both aerobic activity and strength building. Open year round. Come check us out! \$50 annual fee for residents age 60 and up; \$25 for residents age 80 and up. Participants must register, complete a liability waiver form, and attend a training session on the equipment. You may be eligible for reimbursement through your insurance.

GOLF ~ TIME TO GET TO THE GREENS!

Come enjoy nine holes of golf on Tuesday mornings at Quail Ridge in Acton. The fee of \$25, includes 9 holes of golf and an electric golf cart, is paid each time at the Club House. Please pre-register at the Cameron Senior Center by calling 978-692-5523. Please arrive at Quail Ridge at 8:30am and be ready to hit the links by 9am. **Please note Tee off times for 9/13 and 10/11 will be at 10:00 am.** A good way to meet other people and play a round of golf.

It is Outreach & Support

our hope that you will make the Cameron Center a place that you regularly visit to participate in activities, fitness or simply to relax and have a cup of coffee with friends. If you are one of those that says, "I'm not old enough to go there" please know that we have many youthful seniors who attend classes, volunteer and find purpose in connecting with their peers and larger community. Amazingly, according to the National Institute on Aging, research indicates that seniors who are active, social and have a purpose in life significantly lower their risk of mortality from heart disease and diabetes by 60%! Come check us out and reap the health benefits! Feel free to contact Annette, your Outreach Coordinator anytime at 978-399-2326.

ACORN TO OAKS

Anyone interested in being a Pen Pal to elementary school children please contact Katie at 978 399 2330 or by email russell.kate.m@gmail.com

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support Groups.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Cameron Senior Center, 1st Wednesday each month at 6:30 p.m. For information, call Sandy at 978-758-6072.
- Chelmsford Senior Center, 2nd and 4th Monday each month at 1 p.m. For information, call 978-251-8880.

***NEW* ~ FOSTER GRANDPARENT PROGRAM-**

Would you like to make a difference in the life of a child or frail elder? Would you like to earn a tax-free stipend for your time?

Community Teamwork has openings in both their Foster Grandparent and Senior Companion programs. You would spend time with a young child in a child care program, or public school helping them with reading or being a good friend or as a companion to a frail elder at a Senior Center. Both programs require a minimum of 15 hours per week. Your monthly stipend would be estimated at \$200-\$400 and is tax free which means it cannot be counted as income. Other benefits include- travel reimbursement, recognition events and overall better health from being active and in helping someone else. Please call Community Teamwork to learn more: 978-654-5673.

NEW ~ *WESTFORD SOCIAL SERVICES RESOURCE HANDBOOK*****

We have created a book of resources for Westford Residents. Our job is to help residents to identify and access available resources to live well in Westford. We work to meet clients' goals for themselves by helping to address financial, social, emotional, and other support needs. This guide includes many of the agencies that we refer to regularly and that serve Westford residents near where they live. We have also included larger agencies and services that are designated by the state to serve all residents in our geographic area. We always encourage you to contact us if you are in need of assistance. We are here to be a resource and a support to our residents. But, if you would like to access the resource handbook directly, we have copies here and will be putting a link on our website.-Alison and Annette

Ongoing Activities

FOR COMPLETE LIST, SEE MONTHLY CALENDAR

BINGO – Mondays, 1–3 p.m. & Thursdays, starting at 6:45 p.m. Doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322, in advance.

GENEALOGY WORKSHOP

Interested in researching your family's ancestry? Call 978-692-5523 to arrange for a private, one-on-one genealogy consultation with an expert.

PING PONG

If you enjoy playing ping pong join our avid players in the card room each **Monday at 1:45 pm and Friday at 10 am.**

MUSIC MAKERS – Fridays at 9 a.m. We will be on summer break starting Friday, June 10 and will return on Friday, September 9. *Always looking for singers.*

QUILTING CLUB – Mondays at 9:30 a.m.

Join our group dedicated to making quilts to donate to elders and children. All skill levels of quilters welcome!

TRAIN BUFFS – Thursdays at 7 p.m.

Like trains? C'mon down to the Cameron basement to view our set-up or join our group of aficionados.

Support Services

ASK THE LAWYER – Tuesday, July 12, at 9 a.m. Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE OFFICER – Thursdays, July 14 & August 11, from 11 a.m. to 12 noon. Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation 2nd Thursdays each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

MEET THE REALTOR – Mondays, July 11 & August 8, at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron. Call: 978-692-5523.

SHINE – Mondays, July 11 & August 8 at 1 p.m. Call for a private, confidential appointment at the Cameron to answer your health insurance or Medicare questions. Call 978-692-5523.

VETERANS SERVICES – Thursdays, 8 a.m. to noon. Meet with Westford Veterans Agent/Veterans Service Officer Terry Stader at Cameron. His regular office, in the Millennium Building behind Abbot School, 23 Depot Rd., is open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

****PLEASE READ IMPORTANT CHANGES IN THE COA TRANSPORTATION PROGRAM****

With the increased ridership and many requests for COA van services the following changes will begin **effective August 1, 2016**. The COA van will be providing services **ONLY** to the following towns/cities: **Acton, Carlisle, Chelmsford, Concord, Groton, Littleton, Lowell and Westford**.

Please note that medical appointments will be given **first priority** and other preferences will be given to grocery/essential services and Cameron Center activities. Understand that there may be times when we must take a person with a medical appointment before meeting other transportation needs. Our intent is to provide as many Westford residents age 60 and over and those that are disabled the opportunity to use our van service.

Very important, we will **no longer** be booking rides prior to one month in advance. So, please call no more than 30 days in advance to schedule your ride.

Do not forget to provide name, address and phone number on the transportation line to ensure we have needed information to book your ride because sometimes transportation staff may be sick or on vacation and other support staff may not know you simply by the recognition of your voice and or first name.

If you have any questions please contact Chuck Dutton, COA Transportation Dispatcher at 978-399-2322 and/or Eugene Jungbluth, Transportation Administrator at 978-399-2327.

COA TRANSPORTATION FOR 60+ SENIORS & DISABLED Service area: **Acton, Carlisle, Chelmsford, Concord, Littleton, Lowell and Westford**

Our cheerful transportation team is here to offer affordable rides to medical appointments, grocery shopping, Cameron Senior Center and local errands. Also, each Wednesday we offer grocery runs on Wednesdays with wonderful volunteer help assisting with carrying your bags. If you would like to use this friendly service please call the senior a month in advance or no less than 48 hours to schedule a ride. Please note that we do give first priority to those with medical appointments so there may be times we will need you to be flexible in your transportation scheduling. Our vans run from 8:00 – 3:00 Monday – Friday. **We also provide transportation to BINGO each Thursday evening at the Cameron and other Cameron center evening programs. To schedule a ride please call 978-399-2322.** The cost for a round trip within Westford is \$3; for surrounding towns: \$6, and for out-lying towns: \$8. Should you need to cancel a ride the day of your appointment, please call the front desk at **978-692-5523**. When leaving any messages *please leave your name and phone number*.



'TRUDY'S BOUTIQUE' **NEW SUMMER SELECTIONS**

Now accepting Summer clothing in good condition; as well as other household items.
Best Bargains in Town-shhh!!!

MONDAY - FRIDAY: 9 A.M. ~ 3 P.M.

FOOD PANTRY

WESTFORD COMMUNITY FOOD PANTRY, LOCATED ON THE FIRST FLOOR AT CAMERON, IS STAFFED BY VOLUNTEERS.

JULY HOURS:

- **Monday: July 18** from 1 - 3:30 p.m.
- **Wednesdays: July 6 & 20** from 8:30 - 11:30 a.m. and **July 6, 13, 20, & 27** from 6 - 8 p.m.
- **Thursdays: July 7 & 21** from 8:30 - 11:30 a.m. and from 6 - 8 p.m.
- **Fridays: July 1, 8, 15, 22 & 29** from 8:30 - 11:30 a.m.
- **Saturdays: July 9, 16, 23 & 30** from 9 - 11 a.m.

AUGUST HOURS:

- **Monday: August 1 & 15** from 1 - 3:30 p.m.
- **Wednesdays: August 3 & 17** from 8:30 - 11:30 a.m. and **August 3, 10, 17, 24 & 31**, from 6 - 8 p.m.
- **Thursdays: August 4 & 18** from 8:30 - 11:30 a.m. and from 6 - 8 p.m.
- **Fridays: August 5, 12, 19 & 26** from 8:30 - 11:30 a.m.
- **Saturdays: August 6, 13, 20 & 27** from 9 - 11 a.m.

T.R.E.A.D. Applications are now available at the Senior Center and will be **due on August 1st**. Awards will be

Financial Info

determined at the December 2016 T.R.E.A.D. Committee Meeting. Tax Relief for Elderly and Disabled is a donation funded program for real estate tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. If you have questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325.

PRESCRIPTION DRUG COSTS TOO HIGH?

Look into the Extra Help program from the Social Security Administration! You may be eligible to apply for Extra Help in meeting prescription drug costs... and you can be a homeowner and still potentially qualify for this program.

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An Extra Help application can be completed anytime during the year. If you want assistance or want to apply, call 978-692-5523 for a SHINE appointment.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011/month	\$27,250

Social Security contact information: 1-800-772-1213 or apply online at www.socialsecurity.gov/extrahelp.

Are You Interested?

CRITICAL HOME REPAIR PROGRAM

This is a program coordinated by Habitat for Humanity to help low income homeowners to maintain their homes. Repairs can include roof replacement, structural walls, handicap accessibility renovations, exterior finishes, repairs to satisfy town building codes etc. The homeowner is responsible to pay only 25% of the project value and if necessary a 2 year interest free loan can be obtained. Call Lisa Garvey at 978-692-0927 if interested in this assistance.

NEWSLETTER MAILING – Vacations or Snowbirds

If you will be vacationing or away from home for an extended period of time, please notify us so that we can temporarily stop mailing newsletters until you notify us of your return. This will help save us \$\$ on postage. Call Claire at 978-399-2321 or email: cfrance@westfordma.gov.

NEWSLETTER POLICY

Free to all Westford residents age 60+ in town and by email. Newsletters will be \$6 per year for out-of-town subscriptions by mail.

COLLETTE TRIP TO COSTA RICA

Saturday, October 16 thru Wednesday, October 26

A world of Nature presented by Collette Travel Company. Some of the key features of the trip will include Tortugero National Park, Tenorio Volcano & Manuel Antonio National Park. If interested please call Katie at 978 399 2330 or email at krussell@westfordma.gov.

BOARD MEETINGS

- COA Board – Wednesday, September 14 at 4 p.m.
- Friends of Cameron – Thursday, Sept. 8 at 12:30 p.m.

10th SEASON OF THE WESTFORD FARMERS MARKET

Join fellow neighbors each Tuesday from 2:30-6:30 at the market where you can purchase freshly grown produce, flowers, home baked items and handmade items just to name a few things. A great and healthy afternoon outing call the COA for transportation at 978-692-2322.



CAR DONATION PROGRAM

The Friends of the Cameron Senior

Center is pleased to have an affiliation with Christmas Motors of Maynard to create a vehicle donation program to raise money to help support the programs and support services of the Cameron Senior Center. Cars and trucks (running or not running) are acceptable donations. If you would like to learn more about donating a vehicle please call the Cameron center at 978-692-5523. The Friends of the Cameron is a 501(C)(3) tax exempt organization.

Director's Message

Dear All,

"There is no better exercise for the heart than lifting people up"
by John Andrew Holmes

When I saw the quote by John Andrews I could not help but think of our volunteers, staff and participants of the Cameron. Each day as I walk around the center I see such nice pictures of people helping the COA staff and one another whether a fitness monitor giving of their morning or afternoon to ensure the fitness center is open and safe, a participant helping wrap the Whole Food donations to ready for distribution, culinary talents preparing Men and Women's breakfast, Meals on Wheels driver leaving with their delivery bags, two ladies knitting by the window enjoying each other's company, a participant coming in early to clean the fitness equipment for the week, or a quiet soul working on preparing a spreadsheet for the Property Tax program and those that share their musical talent with us and the community. There are so many wonderful people here at this center doing so much I just can't say, "How healthy your hearts must be."

Speaking of "helping" opportunities our dedicated **social services duo are working on a new effort** which is compiling a **Transportation Resource list** of individuals reside in Westford that would be **willing to help transport Westford residents age 60 and over to medical appointments on their own free will and "good heart."** **This effort is not a program of the Westford COA** but it is a needed transportation option for Westford residents in transportation hardship situations. If you would like to be a part of this driving resource list please contact Alison and/or Annette at 978-692-5523.

See you at the Cameron,

– Jennifer Claro, Director

SPECIAL ACKNOWLEDGEMENT

A heartfelt thank you to the Cameron Music Makers for their recent generous donation in memory of our friend Richard Bennett.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 2016		CAMERON BREAKFAST PROGRAM Every weekday morning 8 am ~ 10 am		1 Salad Bar 12 pm Ping-Pong 10 am
 4	5 Basic Zumba 8:15 am Billiard Players 8:30 am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	6 Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30 pm	7 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	8 Aerobics 8:15 am Ping Pong 10 am Salad Bar 12 pm Lunch/Learn 12:15 pm
11 Hearing Clinic 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Meet the Realtor 10 am Art/Open Studio 12 noon SHINE 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	12 Basic Zumba 8:15 am Billiard Players 8:30am Blood Pressure 9 am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	13 Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	14 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	15 Aerobics 8:15 am Ping-Pong 10 am Lobster Bake 12:30pm
18 Bone Builders 9:30 am Quilting Club 9:30 am Podiatry 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	19 Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	20 Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	21 Veterans Services 8 am Billiard Players 8:30am International Dance 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Grill Night 4 pm Bingo 6:45 pm	22 Ping Pong 10 am Salad Bar 12 pm
25 Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	26 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	27 Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	28 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am July Birthdays 12 noon Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	29 Aerobics 8:15 am Ping-Pong 10 am Salad Bar 12 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Basic Zumba 8:15 am Billiard Players 8:30 am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30 pm	Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	Aerobics 8:15 am Salad Bar 12 pm Ping-Pong 10 am
8	9	10	11	12
Bone Builders 9:30 am Quilting Club 9:30 am Meet the Realtor 10 am Art/Open Studio 12 noon SHINE 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Basic Zumba 8:15 am Billiard Players 8:30 am Blood Pressure 9 am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Kiwanis Cookout 5:30 pm	Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am Veteran's Lunch 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	Aerobics 8:15 am Ping Pong 10 am Salad Bar 12 pm Lunch/Learn 12:15 pm
15	16	17	18	19
Hearing Clinic 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm	Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Rep.Arciero Cookout 11:30am Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	Aerobics 8:15 am Ping-Pong 10 am Salad Bar 12 pm
22	23	24	25	26
Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'aiChi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Senator's Lunch 11:30am Bone Builders 1 pm Scrabble 1 pm	Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am August Birthdays 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	Ping Pong 10 am Salad Bar 12 pm
29	30	31		
Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Sizzling Sum.Party 12:30 am Bone Builders 1 pm Scrabble 1 pm	Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm		
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CALL 978-692-5523 FOR RESERVATIONS FOR ALL TRIPS.
PAYMENT BY CHECK TO ‘TOWN OF WESTFORD’
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**NO REFUNDS FOR CANCELLATIONS WITH LESS THAN
10 BUSINESS DAYS ADVANCE NOTICE**

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TRANSPORTATION DEPARTS AND RETURNS FROM THE
FRANCO AMERICAN CLUB, 55 WEST PRESCOTT ST.
PLEASE PARK AT THE REAR OF THE LOT.

Tuesday, July 19, "The Hay Day of Big Bands & Pop Goes the Fourth" Best of Times is proud to present this show. Our summer concert features a wide range of favorites swing, jazz, rock, pop, "cool" jazz, funk, bebop, blues, and Latin. Enjoy the rich sound only a fully instrumented 20 plus- piece big band and dazzling vocalist can provide. All inclusive cost is \$82 p/p includes driver gratuity. Departure time is TBD.

Tuesday, August 2- "Gloucester Lobster Cruise"

Depart from the Franco American Club on a luxury Silver Fox Coach Bus at 9:30 A.M. You'll arrive in Gloucester and board the new and

luxurious Beauport princess Cruise Ship for a delicious buffet. Your Captain will provide a narration about the sights you will be viewing on the two and a half hour cruise around Gloucester Harbor. After you will travel to Salem and visit the Visitors Center to view displays that focus on the maritime history of the area. You will return around 5:30P.M. Cost is \$92.00p/p

Tuesday, August 9, "Foxwood's"

NEW ~ INVITING ALL THOSE AGE 50 AND OVER



Buckingham Motor Coach departs from the Franco American Club at 7:30 AM. The fee of \$30 includes driver gratuity and is due at time of sign-up. Receive bonus and food coupon. Please call 978-692-5523 to register.

Wednesday, September 21, "Forever Motown"

Best of Time is Proud to bring to stage the iconic sounds of Motown. Featuring the best of Four Tops, Temptations, Supremes, Smokey, Stevie, Martin Gaye and More! Meal Choices are Chicken Parmesan or Baked Scrod. Cost \$92p/p Departure Time is TBD.