

WESTFORD COUNCIL ON AGING NEWSLETTER

OCTOBER 2016

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.
EVENING HOURS: TUESDAY'S & THURSDAY'S 4:00 — 8 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
Christopher Mitchell Maintenance
Katherine Russell.....Senior Assistant
Ashley Diaz.....Evening Supervisor

COUNCIL ON AGING BOARD MEMBERS

Helena Crocker.....Chair
Robert TierneyVice Chair
Nancy CookClerk

Sandra Collins, Patricia Holmes,
Ret. Chief George Rogers,
Kathryn Wilson

FRIENDS OF THE CAMERON OFFICERS

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

CAMERON SENIOR CENTER WILL BE CLOSED COLUMBUS DAY – MONDAY, OCTOBER 10

TIME CHANGE ~ Saturday, November 5—Set clocks back one hour

PLEASE NOTE:

The Cameron opens it's doors to Westford residents age 55+.

With the support of the Council on Aging Board we are glad to invite Westford residents age 55 and over to join in our new extended hours Tuesday's & Thursday's from 4—8 pm.

VETERANS AGENT ADDING EVENING HOURS

If you would like to meet with Terry Stader, Veteran Service Officer for the Town he will be available on the **first Thursday's** of the month: **October 6 from 4 –8 pm and Thursday, November 3 from 4—8 pm. On those days he will not have morning hours. The remaining Thursdays of each month will continue with his usual AM hours.**

FALL HARVEST FAIR ~ DONATIONS WELCOMED

Saturday, October 29 from 9 a.m.—3 p.m.

Start your holiday shopping early, come enjoy a day of camaraderie and bring a friend! Sponsored by The Friends of Cameron, there's something for everyone: handmade crafts, jewelry, wonderful baked goods, raffles, silent auction, and more! All proceeds support programs and services of the Cameron Senior Center. Vendors are welcome to rent a table—just \$15! Call 978-692-5523 for an application.

HELP NEEDED FOR SET-UP & CLEAN-UP!

EMERGENCY PREPAREDNESS EVENT

Friday, October 21 ~ 9 am-12 pm at the Cameron Senior Center

Preparing before an emergency incident plays a vital role in ensuring that you and your family have the necessary equipment, know where to go, and know how to keep themselves safe when an emergency occurs. In a town wide emergency, local, state and federal resources will be utilized to ensure the safety and the stability of the town, the infrastructure and its residents. The key to any disaster is preparedness and prevention before a disaster happens. It is our goal, to help show and demonstrate the resources available to you in the event of a disaster.

Continued on Page 3

NEW PROGRAMS

*THE MEMORY CAFÉ *

On the 3rd Monday 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 and your friends and family are welcome. Come enjoy one another's company on October 17th 10:30 a.m. to 11:30 a.m. in the Cameron library. Light music and refreshments will be provided. 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.

HEALTH INSURANCE "OPEN ENROLLMENT" INFORMATIONAL DAY,

Wednesday, November 2 We are hosting an informational day for seniors and families to come learn about health insurance options. Currently a rep from Fallon Senior Health is coming between 11:00 and 1:00 p.m. We plan to get other insurance reps and for this day. The goal is to provide members and non-members with plan updates and opportunity to ask questions. Please call to sign up at 978-692-5523.

DECISIONS MATTER (Health Care Proxy)

Monday, October 24, 8:00am – 10:00am Circle Home: Home Health and Hospice Care are working with Honoring Choices Massachusetts to talk about the importance of a Health Care Proxy and how they work hand and hand with a personal directive. Call the front desk to sign up. 978.692.5523.

SCARF PAINTING with Shortbread and Cider

A great way to relax and try your hands at painting silk and creating a most original scarf. Don't miss this artsy time on **Friday, October 7 at 1pm with artist, Karen Halloran**. Cost is \$5.00 seats are limited so sign up at 978.692.5523.

SAND BUCKETS

If you are in need of a free bucket of sand to be delivered to your home late this fall please call 978-692-5523.

Food & Friendship

WOMEN'S BREAKFAST

Please RSVP to the front desk (978) 692- 5523 at least two business days ahead, so we can plan for food.

Thursday, October 13 at 8 a.m. ~ Our featured speaker will be **Eric Heideman, our new Assistant Town Manager**. He will be introducing himself and speaking about his role, and will be happy to answer questions. November Women's Breakfast will be held on Thursday, November 10.

MEN'S BREAKFAST

October Men's Breakfast will be held on **Tuesday, October 11 at 8AM** and will feature Geoff Hall speaking about the history of Graniteville. **Please RSVP to 978-692-5523 or achristopher@westfordma.gov by the Friday prior so that we can purchase enough food.** November Men's Breakfast will be held on Tuesday November 8.

OKTOBERFEST

Thursday, October 20 at 12:30p.m. Join us for knackwurst, sauerkraut, German potato salad, hot pretzels with cheese dip, root beer floats, and apple strudel. This meal is being sponsored by Elder Services of Merrimack Valley and Lindley's Catering. Please sign up at the Front Desk and complete the five question participation form. **FREE** sign up at the front desk 978-692-5523.

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, October 14, at 12:15p.m.** ~ Lunch is served followed by a presentation from Northeast Legal Team, LLC about Estate Planning. Please register for this informative session at 978-692-5523.

RESTAURANT REVIEW ~ JOIN US!

- **Wednesday, October 26 at 11:30 am at 110 Grill Restaurant, 116 Chelmsford St., Chelmsford**

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

ELEGANT CHEF LUNCHEON

Monday, October 24, at 11:30a.m.

This delicious three course meal will be prepared and served by our favorite culinary art students from Nashoba Tech. The entree choices include: Baked Haddock or Vermont Chicken. Cost is \$9.00 for the meal.

OCTOBER BIRTHDAYS!

Thursday, October 13 at 12:30 pm

Come Celebrate the October Birthdays! Lunch is prepared by the students of the Elegant Chef restaurant at Nashoba Tech, followed by cake and ice cream. Please call in advance to register at 978.399.2330. Cost for birthday celebrants is free and to guests the cost will be \$5.00.

Meal choice: Chicken Parmesan.

Emergency Preparedness Event **continued from page 1**

Co-sponsored by the Cameron Senior Center, Health Department and Emergency Management, this informative event will provide time for residents to find out how to become better prepared for any emergency.

Information will be provided on:

- What should you have in a 72 hour kit. Pre made kits will also be available for purchase for \$45.
- What to bring if a you or your pet need to go to a shelter
- When should you shelter in place or decide it's time to go to a town opened shelter
- How to sign up for the vulnerable and disability data base to help first responders assist you during emergency events
- Fire extinguisher live demo
- Information on the town AM emergency station (1610 AM), Code Red and available town (example) reverse 911
- Great door prizes so don't forget to register for these most helpful gifts.

Health & Wellness

DENTAL PROGRAM

The Board of Health has a grant that provides dental assistance for screenings, cleaning, x-rays and cavities for individuals who do not have a dental insurance coverage or do not have access to dental care. If you have dental needs the application can be provided by Alison or Annette here at the center. The BOH will determine eligibility.

MEDICARE OPEN ENROLLMENT – Oct. 15 - Dec. 7

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan by the end of September outlining changes to be made for 2016. It is important to ***review, understand and save*** this information!

During Medicare Open Enrollment (Oct. 15-Dec. 7), you will be able to change your plan for next year. If you need help understanding upcoming changes and your options, a trained SHINE counselor can help. For FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs, call 978-692-5523 for a SHINE appointment.

SHINE PRESENTATION – Thursday, Nov. 3, 1-3 p.m.

For anyone wishing to learn more about changing their insurance coverage during the Medicare open enrollment period (Oct. 15-Dec. 7) or for those about to become eligible for Medicare, this SHINE presentation is for you. To register, call 978-692-5523.

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:

- **Tuesday: October 11 at 9 a.m.** with the Westford Board of Health.

BOARD OF HEALTH CLINIC

Monday: October 17 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.

PODIATRY CLINIC

Tuesday: November 29 at 9:00 a.m.

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

Fitness and Exercise

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.
WE INVITE ALL TO PARTICIPATE

FITNESS/STRENGTH TRAINING ROOM

Monday – Friday, 8 a.m. - 3:30 p.m.

Tuesday's & Thursday's 4—7:45 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.

BONE BUILDERS

The Cameron is fortunate to have several Bone Builder clashes through a partnership with Community Teamwork, Inc.. These morning and afternoon classes are available to anyone age 60 and over but you must complete a simple application to participate in these balance, core and strength building classes. So, please ask the Registrar at the front desk for an application so you can be a part of these classes.

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 time for 10/11 will be at 10:00 am.** A good way to meet other people and play a round of golf.

Outreach & Support

With autumn brings returning programs at the center and new ones have been added. We are excited about offering two extended days, Tuesdays and Thursdays until 8:00 p.m. This is a chance for working seniors to use our gym, meet with the Outreach Coordinator, take a class and more. Please share your ideas with us. We hope to see you and your peers. Also, this is a busy time of year for people completing yearly applications for fuel and tax relief assistance. Remember we are here to support you through these application renewals. Feel free to call and make an appointment for a home or office visit. Hope to hear from you, Outreach Coordinator, Annette 978-399-2326.

SENIOR TO SENIOR INITIATIVE

We are hoping to resume our relationship with the Westford Academy students and the senior residents of Westford. If you have a desire to connect with a WA student for socialization, computer assistance, attending WA events, etc. please contact Annette for a possible match up at 978-399-2326.

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.

As your Outreach worker I am here to assist you with almost any situation that arises. If you are seeking: information, problem solving, supportive listening, application assistance or more, please don't hesitate to contact Annette at 978-399-2326. *Annette*

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

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.

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.

CREW (Rowing) - Tuesday's at 2 p.m..

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 – Friday's at 9 am. 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, November 1 at 9:30 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 – Thursday, October 13 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 – Monday, October 3 at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker will not be at Cameron in September. Call: 978-692-5523.

SHINE – Monday, October 17 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. **Beginning Thursday, October 6 only on the first Thursday's of each month Terry will have evening hours from 4–8 pm. The remaining Thursdays of each month will continue with his usual AM hours.** 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>

FOOD PANTRY

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

OCTOBER HOURS:

- **Monday: October 3 & 17** from 1 - 3:30 p.m.
- **Wednesdays: October 5 & 19** from 8:30 - 11:30 a.m. and October 5, 12, 19, & 26 from 6 - 8 p.m.
- **Thursdays: October 6 & 20** from 8:30 - 11:30 a.m.
- **Fridays: October 7, 14, 21 & 28** from 8:30 - 11:30 a.m.
- **Saturdays: October 1, 15, 22 & 29** from 9 - 11 a.m.

COA VAN TRIP

SPOOKTACULAR TRIP ~ SALEM WITCH MUSEUM
Friday, October 7th at 9am come ride our Halloween van with some eerie surprises and enjoy an educational tour of the Salem Witch Museum. Afterwards, we will have free time in downtown Salem and enjoy the ghoulish festivities as well as treat yourself to a wicked delicious lunch. Seats are limited don't miss out call 978-692-5523. Cost will be \$15

COA TRANSPORTATION SERVICE

COA TRANSPORTATION FOR 60+ SENIORS & DISABLED
Service area: Acton, Ayer, Carlisle, Chelmsford, Concord, Groton, 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.*

Financial Info

PROPERTY TAX PAYMENT – Monday, Oct. 24 from 12 - 12:30 p.m. A representative from the Tax Collector's Office will be at the Senior Center to accept tax payments. You must pay by check and you need to have your tax bill with you at that time. We are handicapped accessible.

TREAD APPLICATIONS- applications are available at the Senior Center and were **due on August 1st**. Awards will be 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 to request to file a late application, call Alison Christopher, LICSW at 978-399-2325.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS- Fuel assistance re-certification applications for those who received fuel assistance last year are mailed directly to recipients by CTI. Please complete and return the application ASAP as they are processed in the order they are received. If you need assistance completing your renewal application, please call Alison at 978-399-2325 or Annette at 978-399-2326. New applicant appointments begin in November at the Senior Center. If you are interested in applying for Fuel Assistance for the first time this heating season, please call Alison, Social

Worker at 978-399-2325. If you are a new applicant with a termination notice on a gas or electric bill, please call CTI at 978-459-6161. They will schedule an emergency appointment to avoid termination of utilities. **Maximum Gross Household Income for LIHEAP:** 1 person-\$34,001, 2 people-\$44,463, 3 people-\$54,925, 4 people-\$65,387

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.

IT'S TIME FOR HOLIDAY BASKETS!

We are excitedly preparing for this year's annual Holiday Basket program alongside St. Vincent de Paul-St. Catherine's to ensure Westford families experiencing financial hardship have the opportunity to experience a memorable Thanksgiving and Christmas Holiday. This year we are anticipating exceeding the assistance that was given to 99 families at Thanksgiving and the 126 families that were provided with holiday gifts and/or food baskets. If you have the ability to donate food, gifts, gift cards and/or monetary support please contact Katie Russell at krussell@westfordma.gov or call 978.399.2330

DID YOU KNOW?

NEW *SANDWICH GENERATION SERIES*

Did you know there is a term for middle aged adults who care for children and their aging parents? They are called the Sandwich Generation. Family members make up the vast majority of elder caregivers. 70% of women work full-time outside the home. Almost 20% of working women have either reduced the number of hours they work, taken advantage of flex-time, or quit working to stay home and care for an elder. With the Cameron center's increased evening hours, we plan to offer a series of informational sessions on a monthly basis on the last Tuesday of every month from 6:00-7:00 p.m. Topics will include: Caring for Aging Parents, Introduction to Social Security, Preparing for Retirement, Downsizing the home, Protecting Assets, Balancing Multiple Life Roles, and more. Please call Annette your Outreach Coordinator with suggestions or questions. 978-399-2326.

Are You Interested?

FALL YARD CLEANUP- SIGN UP BY FRIDAY, OCTOBER 7

With October around the corner it is time for us to start thinking about fall yard cleanups. We have been providing this service to seniors for many years and have enjoyed the opportunity to connect volunteers from the community with seniors in need of assistance. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.* We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list by **Friday, Friday Oct. 7**. Please also note that many of the volunteer groups may not be able to get the work done until mid November. Any questions, feel free to contact Annette, your Outreach Worker 978-399-2326.

WHOLE FOODS

Residents are welcome to get food donations each Thursday. Numbers are given out beginning at 8 AM until distribution of the food at 2 PM

NEW – "EXPRESS YOURSELF WALL"

Thanks to local photographer, Doug Pederson, we now have a place to highlight our local seniors' talents. We are happy to post your creative works on our lobby wall above the water bubbler. We are seeking your poems, photographs, artwork, and more. We know there are many talented folks out there ... express yourself!! If you have a creative name for our wall submit it and you may be a lucky winner. Any questions, contact Katie at 978-399-2330 or krussell@westfordma.gov.

BOARD MEETINGS

- COA Board – Wednesday, October 12 at 4 p.m.
- Friends of Cameron – Thursday, October 6 at 12:30 p.m.

****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.

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.

SMALL APPLIANCES SALE ~**Friends of Cameron****Monday-Friday, October 3—7, from 9 am—3 pm**

Need a replacement toaster, coffeemaker, microwave, iron or other small appliance? Come shop with us ~ you may just find exactly what you need!

HARVEST FAIR RAFFLE BASKETS ~**Friends of Cameron**

Looking for something fun and creative to do? The Friends need some help creating themed raffle baskets to be raffled at their Harvest Fair. No directions or guidelines, all ideas and themes welcomed. If you would be able to help us, please let us know by calling 978-692-5523 with your name and basket theme. We would need the baskets to be dropped off at Cameron by Thursday, October 27.

We truly appreciate your support!

Trudy's Boutique

THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

CLOTHING, HOUSEHOLD GOODS, DÉCOR, JEWELRY
~ ALL AT AFFORDABLE PRICES ~

SMALL APPLIANCES SALE!

OCT. 3 - 7

[NEXT DOOR TO TRUDY'S]

HALLOWEEN SENIOR TREATS!

Celebrate Halloween with some spooky treats from 9 am to 12 noon on Monday, October 31!!!

HAPPY HALLOWEEN!!***Director's Message***

Dear All,

Recently, I was asked to visit the Monday painting class which some know as the "art-open studio" to hear a poem that was written by L. Previte who participates in this class. As I listened it was clear how much she enjoys this class and her painting comrades. Please find her poem below titled:

"MONDAYS PAINTERS"

It's Monday again
You know what that means.
We go to the center
And paint some scenes.

Our eyes may be dim
But our outlook is bright.
All that we paint
Comes out just right.

Who says we're old
And of no use.
We could get a job
As a painting muse.

All joking aside
We have some fun.
After all for us
A new era's begun.

So we never give up
We just slow down.
We forge straight ahead
And paint the Town.

By. L. Previte

Who would think the first time one stepped into the Cameron that attending a class or program could provide such enjoyment.

So, come join us at the Cameron soon!

Jennifer Claro, Director

FLU CLINICS

As in years past, regular flu vaccine will be offered to all Westford residents age three years and older at the clinics listed below. Children under 18 **must** be accompanied by a parent. Because of limited pediatric vaccine, we request that children under 36 months of age receive their vaccine from their medical doctor. The following **FREE** walk-in clinics are available:

Thursday, October 20, 12:30—3:30 pm

High-Dose Fluzone **ONLY** for 65 Older at the Franco American Club. Walk-In

Homebound individuals, who require a home visit, should contact the Health Department at 978-692-5509 to schedule an appointment.

- **Friday, Oct. 28, from 10 am-12 p.m.**, at JV Fletcher Library
- **Friday, Nov. 4, from 10 am-12 pm**, at JV Fletcher Library
- **Tuesday, Nov. 8, from 6 pm-8 pm**, at Millennium
- **Wednesday, Nov. 16, from 6 pm-8 pm**, at Millennium

This program is **free**, but please bring your **health insurance information**, as the town can seek reimbursement from insurance carriers.

SHINGLES SHOTS

Friday, December 9 ~ 1-3 pm at Town Hall

If you have ever had chicken pox, as most adults have, you are at risk of developing shingles. This is because the Herpes Zoster virus stays in your body and can resurface at any time. One in 3 people will experience Shingles in their lifetime. The Zostavax vaccine is a one-time vaccination for people **age 60 and older** and was developed to help prevent the painful and potentially serious episodes of Herpes Zoster (shingles). ***Appointments and a phone screening are required. There is no cost for this program!*** Please call us at 978- 692-5509 so we can assist you in receiving this valuable immunization without the cost. This includes our retirees!

Future Events

HAM & BEAN SUPPER

Saturday, November 19, at 6 p.m.

The Annual Ham and Bean Supper, sponsored by the Westford Firefighters Association, American Legion Post 159 and the Franco American Club, will be held at the Franco American Club. There is no charge for the dinner, but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

THANKSGIVING DINNER

Sunday, November 20, at Noon.

For the 18th year, Jim Geraghty, family and friends, are graciously hosting a Turkey Dinner for Westford seniors age 60 and over on **Sunday, November 20, at Westford Academy**. Bingo will be from 10 a.m. - noon, with lunch afterward. Volunteers will serve this full-course homemade dinner to you. Seating is limited. Reservations are necessary, so please call 978-692-5523.

HOLIDAY LUNCHEON

Tuesday, December 6

Join us for a catered pork loin luncheon, sponsored by the Friends of Cameron, at the Franco American Club. **Doors open at 10:30 a.m.** Lunch, prepared by Shirley Caterers, will be served around 11:30 a.m.

The cost will be \$10 if you are not a member of the Friends of Cameron and \$7 if you are a Friends member.

For reservations, call 978-692-5523
by November 28.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Bone Builders 9:30 am Quilting Club 9:30 am Meet the Realtor 10 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	4 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 Fitness Camp 4 pm Watercolor Class 6 pm	5 Aerobics 9:30 am 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	6 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 Veterans Services 4 pm Bingo 6:45 pm	7 Aerobics 8:30 am Music Makers 9 am Ping-Pong 10 am Scarf Painting 1 pm
10 CLOSED COLUMBUS DAY HOLIDAY	11 Men's Breakfast 8 am 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	12 Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	13 Women's Breakfast 8 am Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am October Birthdays 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	14 Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Lunch/Learn 12:15 pm
17 Hearing Clinic 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Memory Café 10:30 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	18 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	19 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	20 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Octoberfest 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Fitness Camp 1:30 pm Bingo 6:45 pm	21 Aerobics 8:30 am Music Makers 9 am Ping-Pong 10 am
24 Decisions Matter 8 am Bone Builders 9:30 am Quilting Club 9:30 am Elegant Chef 11:30 am Property Tax 12 noon Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	25 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 Fitness Camp 4 pm Watercolor Class 6 pm	26 Aerobics 9:30 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	27 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	28 Aerobics 8:30 am Music Makers 9 am Ping-Pong 10 am
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		CAMERON BREAKFAST PROGRAM Every weekday morning 8 am ~ 10 am	 2016	

COUNCIL ON AGING

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DAY TRIPS

**CALL 978-692-5523 FOR RESERVATIONS FOR ALL TRIPS.
PAYMENT BY CHECK TO ‘TOWN OF WESTFORD’
IS DUE AT SIGN-UP.**

**NO REFUNDS FOR CANCELLATIONS WITH LESS THAN
10 BUSINESS DAYS ADVANCE NOTICE**

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

Wednesday, October 5, Vine To Wine Foliage

Depart at 8:30am on a luxury Silver Fox Coach traveling west along the Mohawk Trail to Deerfield where you will visit the Yankee Candle Store before enjoying a delicious Luncheon at Chandler's Restaurant. Your entrée choices are Fresh Baked Haddock, Vegetable Lasagna or Roast Turkey, served with a salad, beverage, and desert. After lunch you'll travel to nearby Jacksonville Vermont, where Honora Vineyards, one of Vermont best wineries, is located. Next you will travel to Putney, VT to visit the Putney Mountain Winery. Alas you must return home at 6:30pm. Cost \$82.00 p/p



Tuesday, October 11, “Foxwood’s/Mohegan”

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, November 16, A “Silver Sizzle” Review Over 50 and Fabulous!

Best of Times is proud to present a “Silver Sizzle” Review Over 50 and Fabulous this show features performances by former Radio City Music Hall Rockettes along with great comedy at Luciano's Lake Pearl in Wrentham, MA. The meal will be a Holiday Roast Turkey Dinner with all the fixings. All-inclusive cost is \$91p/p includes driver gratuity. Departure time TBD.

Friday, December 2, “The Boston Pops”

Depart at 11am and travel to the Chateau Restaurant for lunch and after lunch travel to Boston Common to see the Christmas Lights Display Then arrive at Symphony Hall to view the Boston Pops and the renowned Keith Lockhart from the First Balcony. Meal Choices include Chicken Parmigiana, Broiled Scrod, or Marinated Steak Tips. Cost \$132 p/p.