

WESTFORD COUNCIL ON AGING NEWSLETTER

DECEMBER 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

Nancy CookChair
Robert TierneyVice Chair
Kathryn WilsonClerk

Helena Crocker, Patricia Holmes,
Sandra Collins, Ret. Chief George Rogers

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
FOR CHRISTMAS ~ FRIDAY, DEC. 23 AT 12 NOON AND
MONDAY, DECEMBER 26
FOR NEW YEAR'S ~ FRIDAY, DECEMBER 30 AT 2 PM AND
MONDAY, JANUARY 2**

REMINDER: CAMERON EVENING HOURS TUESDAYS AND THURSDAYS ~

DOROTHY HALL LEAVES BEAUTIFUL FOOTPRINTS



Dorothy came to Westford in 1961 after graduating from Columbia University to take the position of Director of Nursing for Nashoba Association Board of Health. After her many years of gratifying work in the medical field she retired in 1988 to soon learn about the Westford Council on Aging. Dorothy quickly became involved in volunteering at the senior center when it was first located on Boston Road there she recalled working at the front desk assisting individuals however she could be the most helpful. Her love for helping and caring for people quickly translated into furthering her volunteer efforts pioneering some important services provided at the Cameron today which included SHINE (free health insurance counseling), Fuel Assistance/social services, Property Tax Work-off and TREAD (real estate tax relief for older adults and disabled). When asked what she enjoyed most about her many areas of giving to others she stated, "I appreciated having the opportunity to get to know the residents intimately." On behalf of the Council on Aging Board and the Cameron Senior Center we truly appreciate the leadership you provided to the Council on Aging Board and the bold footprints you have left on many peoples heart.

WESTFORD SPECIAL NEEDS EMERGENCY REGISTRY: Please note that the Cameron Senior Center will no longer be keeping a storm emergency call list for those people who signed up in the past. Instead, we will be part of a more comprehensive effort with Emergency Management and the Westford Health Department. If you have a disability, chronic condition, or special healthcare needs that could be impacted in a weather emergency, see the insert in this newsletter and consider completing it.

NEW PROGRAMS

*THE MEMORY CAFÉ *

A Memory Café is a welcoming, casual place for people with forgetfulness or other changes in their thinking to gather and socialize. Come enjoy one another's company on **December 19th 10:30 a.m. to 11:30 a.m. while we create holiday cards and enjoy holiday music** in the Cameron library. 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.

HOLIDAY BREAKFAST

With Board of Selectmen and Town Manager Jodi Ross Our annual **combined Women's and Men's Breakfast** will take place on **Wednesday, December 14 at 8 a.m.** Join in this fun occasion by mingling and catching up with friends and enjoying a delicious breakfast prepared by our supportive Town Selectmen and Town Manager. Sign up now at 978-692-5523.

LUNCH & LEARN

With District Attorney Marian Ryan
Friday, December 9th at 12:15

We are glad to present "**Staying Safe**" a program sponsored by Middlesex County District Attorney Marian Ryan to help improve our knowledge on better protecting our identity and assets from the proliferating number of scam artists eager to part victims from their money and identities as we know very well. Joining DA Ryan will be **Family Services Detective Nirisa Nicoletti from the WPD** and **Louie Soares, Branch Manager Assistant Vice President from Worker's Credit Union** to share helpful information on safe banking practices. So let's stay safe and RSVP for this lunch and learn at 978.692.5523. Lunch will be provided by RiverCourt Residences.

BRUNCH AND BEADS IS BACK!

Wednesday, December 7^{at} 10:30 a.m.

Diana Baranowski Seremet will be back at the Cameron with this highly popular program to teach us how to make a beautiful piece of jewelry using Christmas character beads or another stylish selection of beads. We would like to thank Kathy Cunningham of Coldwell Banker for the holiday refreshments. Fee: \$5 please pay directly to the instructor. RSVP to sign up at 978-692-5523.

WINTER WATERCOLOR CLASS

Cynthia Ehrlich will be back for watercolor classes that will begin on **Thursdays for six weeks from 10AM-12PM** in the art room. Classes will start on **January 12 thru February 16**. A material list will be provided to you to purchase necessary art supplies once you have registered for this enriching class. Cost- \$35. Scholarships are available please see Alison Christopher.

MANICURES, PEDICURES AT CAMERON

Veronica Thompson a popular reflexologist amongst COA's will be here on **Wednesday, December 21 from 9:30 am until 4 pm.** Manicure \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and reflexology (acupressure) \$25 for 30 minutes and \$45 for one hour. I guarantee you these appointments will go quickly so call early to sign up at 978 692 5523.

Food & Friendship

NEW WEDNESDAY LUNCH

Join us for "Mom's Home Cookin"
Lunch will be served at **12 noon**. The cost is \$3. Reservations are required 24 hours in advance (If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!)

December meal selections:

Wednesday, December 7: Chicken Cacciatore
Wednesday, December 14: Roast Pork
Wednesday, December 21: Chili and Corn Bread
Wednesday, December 28: Tacos

COOKIES AND COCOA

Join us in the **Cameron Library** on **Thursday, December 22** at **10 a.m.** for gingerbread cookie decorating and enjoy a cup of hot chocolate by the fire listening to holiday music. Please call the front desk at 978-692-5523 to sign up.

LETS RING IN THE NEW YEAR TOGETHER

Join us for a New Year's Eve Day Lunch on **Friday, December 30 at 11:30 a.m.** **Donna Dutton** will be providing a warm ham dinner with mashed potatoes and her wonderful broccoli salad, rolls and strawberry shortcake. Entertainment provided by our own "**Upbeats**" **Band**. Cost \$5 ~ please call 978-692-5523 to sign up.

DECEMBER BIRTHDAYS!

Thursday, December 15 at 12:30

Birthday lunch: Chicken Broccoli Alfredo
Come celebrate our December birthdays! Lunch will be catered by the Elegant Chef with cake and ice cream to follow. Please register in advance by calling 978-692-5523. Don't forget December celebrants are free and guest cost is \$5. Please call in advance to register at 978.399.2330.

ELEGANT CHEF LUNCHEON

Monday, December 19 at 11:30a.m.

This delicious three course meal will be prepared and served by our favorite culinary art students from Nashoba Tech. The entrée choices include: Yankee Pot Roast, tender cuts of beef in a hearty gravy or Broiled Salmon covered with a citrus glaze. Meal cost is \$9.00.

RESTAURANT REVIEW ~ JOIN US!

- **Wednesday, January 25 at 11:30 am at Tavern in the Square, Cross Point, 900 Chelmsford Street, Lowell.** On the first floor of the Cross Point Tower (Old Wang Building). We will not be gathering at a restaurant for lunch in December due to the holidays but are resuming in January. Be sure to mark your calendars for our next outing. Please pre-register at 978-692-5523, so we can ensure adequate seating. When you arrive, check in under "Westford Senior Center." Bon Appétit!

Health & Wellness**SOCIAL SECURITY NOTIFICATION**

Don't Forget to SAVE your Social Security benefit notification for 2016 when you receive it later this month or next month. You may need to provide a copy when applying for a wide range of benefit programs

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:

- **Wednesday: December 14 at 9 a.m.** with the Westford Health Department.

WESTFORD HEARING CLINIC

Monday: December 12 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 Westford Health Department at 978-692-5509.

PODIATRY CLINIC

Tuesday: January 31 at 9:00 a.m. Advance appointments are necessary with Dr. Aileen Gregorian. Call 978-692-5523. **Cost is \$30.**

NEW!! PREDIABETES SCREENING

Start Today, change your tomorrow! According to the CDC, "there are 86 MILLION adults living in the US with prediabetes and 9 out of 10 don't know it"! **COULD YOU BE ONE OF THEM?** Join us on **Friday, December 23 at 10 a.m.** for an informal and life changing discussion on prediabetes and its potential health risks. Take the prediabetes screening test and leave with 2 simple, proven ways to cut your risk of developing Type 2 Diabetes. Diabetes Prevention is within your reach just sign up today at 978-692-5523.

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!

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.

Outreach & Support

It's been a true pleasure seeing some of you on Tuesdays and Thursdays from 4-8:00 pm. Card games have continued, folks are getting in shape with the fitness camp, others are learning new techniques in the watercolor class and the sounds of laughter during ping pong are wonderful. Please know that our extended hours are for you to enjoy the use of our fitness room, get social services assistance after you get out of work, and attend classes. We plan to keep adding more programs and hope you will take advantage of all that is offered. Please feel free to contact your Outreach worker Annette at 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.

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. **Remember:** the first Thursday night of the month, Hot dogs, chips, drink will be served for a donation of a \$1.00. If you need a ride, call the transportation line in advance at 978-399-2322. **In case of inclement weather, call 978-692-5523 before 4 p.m.** to verify if the game will be on.

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, Friday at 9:45 am and Tuesday evenings from 5:30–7:30 pm..** Come meet and join this active and diverse group of players!

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.

ASK THE LAWYER – Wednesday, January 4 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, December 8 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, December 12 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, December 12 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. **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., 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.

DECEMBER HOURS:

- **Mondays: December 5 & 19** from 1 - 3:30 p.m.
- **Wednesdays: December 7 & 21** from 8:30 - 11:30 a.m. and **December 7, 14, 21, & 28** from 6 - 8 p.m.
- **Thursday: December 8 & 22** from 8:30 - 11:30 a.m.
- **Fridays: December 2, 9, 16, 23 & 30** from 8:30 - 11:30 a.m.
- **Saturdays: December 3, 10, & 31** from 9 - 11 a.m.

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 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

2016 CIRCUIT BREAKER—GUIDELINES

The Circuit Breaker is a method for refunding some of the property taxes or some of the rent that you paid in calendar year 2016 for the home that you lived in as your main home. The amount of the refund (if any at all), up to the maximum allowed for the year (\$1,070 for 2016), depends upon the amount of property tax or rent paid in comparison to your total income. A portion of any water or sewer charges that you paid in the calendar 2016 can be added to your property tax for computing the amount of the refund. Your main home can be a single family residence, a multiple family residence, a condominium, or an apartment

The refund is available for those who are age 65 or older (if married, only one spouse needs to meet the age requirement) and whose total income for 2016 is less than \$86,001 (married filing a joint tax return); \$71,001 (filing a head of household tax return); and \$57,001 (filing a single tax return). The refund is not available if you are filing a married separate tax return. To obtain the refund, you need to file a Massachusetts tax return (even if your total income is zero).

Homes that are owned by a trust:

If your main home is owned by a revocable (grantor) trust and you are a trustee, then you are treated as the home owner.

If your main home is owned by a revocable (grantor) trust and you are not a trustee, then you are treated as a renter.

If your main home is owned by an irrevocable trust, then you are treated as a renter.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS- - If you need assistance completing your renewal application, please call Alison at 978-399-2325 or Annette at 978-399-2326. New applicant appointments are ongoing 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 ADVANTAGE is initiating an outreach campaign to **encourage members with high drug costs to review Part D plan options for 2017** as there may be a plan that can lower their expenses. Please call for a SHINE appointment if you would like to consider applying (978-692-5523). As a Prescription Advantage member, you are entitled to a one-time Special Election Period (SEP) each year that allows you to

join or change your Medicare drug plan outside of Medicare's open enrollment period.

If you have any questions, please call Prescription Advantage Customer Service at 1-800-AGE-INFO (1-800-243-4636) and press 2, or TTY (toll free) for the deaf and hard of hearing at 1-877-610-0241.

HOLIDAY BASKETS

The holidays are just around the corner and there are still families experiencing hardship at this time. Please spread the cheer of this holiday season by giving to this community effort. If you are able to make a donation of food, gift cards or monetary support please contact Katie Russell for more information at krussell@westfordma.gov or call 978-399-2330.

****We are looking for extra volunteer hands and caring hearts.****

DID YOU KNOW?

That the state of Massachusetts is getting rid of cash toll booths and everyone must have an E-Z Pass responder to go through the tolls? With the state's switch to all-electronic tolling, drivers without an E-ZPass transponder will get charged more. There is a six-month "grace period," in which you can sign up for an E-ZPass and get reimbursed for the price difference. Drivers without an E-ZPass will receive a bill in the mail, based off of their license plate. That bill can be paid online, by phone or by visiting a customer service center. Once you sign up to receive a transponder, you will be credited the difference between your bill and the lower E-ZPass rate. E-ZPass transponders are free. To get an E-Z pass transponder you can do it online at <https://www.ezdrivema.com/accountcreationselection> or go to a registry of motor vehicles or AAA service center. If you would like help applying on line, call Annette at 978-399-2326.

Are You Interested?

"SANDWICH GENERATION" SERIES

We are offering a series of informational sessions on a monthly basis on the last Tuesday of every month from 6:00-7:00 p.m. Join us **January 31 for Estate Planning and Asset Protection** with attorney David Walker. These sessions are open to folks of all ages. Please call Annette your Outreach Coordinator with suggestions or questions. 978-399-2326.

BOARD MEETINGS

- COA Board – Wednesday, December 14 at 4 p.m.
- Friends of Cameron – Thursday, December 1 at 12:30 p.m.

SHOVELING UPDATE

This is a service we have tried to offer in the past but unfortunately we have had great difficulty getting volunteers willing and able to make such a commitment. If at all possible, we strongly encourage neighbors to help one another. We will update a list of services in the area that you may hire so simply call the front desk for that information/resource sheet 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.

SEEKING MORE HANDYMEN

We have been fortunate to have a few men who have graciously volunteered over the years to help our local seniors on fixed incomes with small projects. In order not to burn out our current handymen we could always use a few more folks to help out. If interested, please come in, meet Annette and fill out a CORI form and volunteer application. Any questions call her at 978-399-2326.

CHRISTMAS /HOLIDAY BOUTIQUE

ALL WEEK, NOVEMBER 28 -DECEMBER 3 FROM 9 AM - 3 PM

Whether or not you need anything to top off your holiday season, come visit the Christmas/Holiday Boutique - open all week in the room next to Trudy's. You'll be glad you did! The Friends of Cameron have assembled a spectacular new collection of holiday décor, gifts for home, family and friends, and some truly amazing items. Come see what the buzz is all about ~ you may just find something your heart desires or a little gift to lift your spirits!

HELP NEEDED FOR CLEAN-UP SATURDAY, DEC. 3 AT 3 PM

GREAT JOB AND THANK YOU FRIENDS

We want to congratulate the Friends of the Cameron for doing a lovely job with the Annual Harvest Fair. This effort would not have been successful without the leadership of **Barbara Upperman** and the **many volunteers** who made raffle baskets, donated silent auction items, baked homemade goods, and the many who assisted with publicity, hanging banners, setting up and breaking down of this fun and profitable day. **Profits for the one day event was \$2700.**

Special thanks to our "in-house" vendor tables which included our very supportive **Knitters, Quilters, Trudy's Boutique, Bake Sale and White Elephant tables and we can't forget our tasty hot dog counter.**



On behalf of the Friends of the Cameron Senior Center we would like to thank **Scott's Tree and Landscape** for hanging our Harvest Fair banner, at no cost, on the Town Common.

Future Events

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. Be on the look out for a special surprise!! 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 **December 2.**

COMMUNITY CHRISTMAS CHORUS

Will hold its annual concert to benefit the food pantry on Sunday, December 11 at 7:00 p.m. at First Parish Church, 48 Main Street. The suggested donation is \$5 a person, \$15 for a family, plus 2 non-perishable items for the pantry. This year's theme is "Christmas Around the World." For further information please call Jeanne Masterman at 978-692-8416.

FESTIVAL OF TREES

Tuesday, Dec. 13 thru Thursday, Dec. 15 from 11a.m. ~ 2 p.m.

At the Westford Regency Inn, 219 Littleton Road, Westford sponsored by the Westford Regency Inn, Westford Family Funfest and Westford Business Association. Come enjoy the many festive decorated trees, wreath and gingerbread houses. A delicious lunch and dessert will be provided at the Regency for \$13. if you would like to partake please make your reservation by calling 978-692-8200 ext. 520. For complimentary transportation call the Cameron "sleigh" at 978-692-2322.

BILLIARDS TOURNAMENT – Tuesday, Jan. 24.

Seniors Eight-Ball Double Elimination Tournament. First game break at 9:30 am. First place gets trophy and name on the wall for a year. Entry fee: \$3, due at event. Coffee & snacks served. Call Peter Mudgett at 978-692-8383.

Trudy's Boutique

THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

VISIT THE
CHRISTMAS/HOLIDAY BOUTIQUE
NOW THRU DEC. 3
[NEXT DOOR TO TRUDY'S]



COLDWELL BANKER DONATES TO FUEL ASSISTANCE PROGRAM

With the winter months approaching Coldwell Banker recently presented Jennifer Claro with a check for \$2118.00 to assist older adults in financial hardship with their fuel needs. Claro states, "We are most fortunate to have Coldwell Banker as such a strong supporter of our center in many ways through-out the year." Pictured (left to right) Janet Morano, Kathy Cunnigham, Jennifer Claro & Leslie Thomas.

FRIENDS OF THE CAMERON SENIOR CENTER DONORS 2016

Thank you to all of the individuals, families and businesses who contributed to our 2016-2017 campaign. We apologize for any names we overlooked. We continue to accept tax-deductible donations made out to the "Friends of Cameron" and mailed to P.O. Box 2223, Westford.

Abate, Abegg, Abrahamson, Anderson (3), Anklin, Annehund, Anonymous (2), Armienti, Arnault, Arnold, Ashford, Austin, Barclay, Bard, Barlow, Barrett, Barry (2), Baturn, Bechard, Belinsky, Benoit (2), Bergeron, Berkowitz, Berry, Bieren, Birch, Biswas, Boisvert, Bojarsky, Boucher, Bowles (2), Boyer, Bradley, Braverman, Breen, Brennen, Briggman, Brooks, Brown (3), Brown Jr., Brownlie, Brule (2), Bruno Jr., Buckingham, Buell, Buffo, Bunker, Buretta, Burnham, Bushey, Buxton, Cannellos, Canter, Capome, Carey, Carrow, Cassidy, Caterino, Catino, Catell, Caulfield, Cederberg, Chabot, Chagnon, Chan, Chaplin, Cherry, Chu, Clark, Clark/Starkey, Clarke, Clough (2), Cochran, Coe, Cole (3), Collins, Connell (2), Connolly, Cooper, Cote, Cotter, Craib, Crawford, Crocker (3), Crose, Cullerton, Currier, Cutbil, Dagdigian, Dalton, Daly, DaSilva, Daughinai, Davies, Davis/Shields, Day (2), Delmar/Spauling, DeMarino, Demore, DiBello, Dillon, Diprisio, Doersam, Doherty, Donlin, Dooley (2), Drake, Dundas, Earl, Elliot (2), Emmett, Engel, Erwin, Fabianek, Fahey, Fallier, Fallon, Fanning, Faulkner, Ferrara, Fesmire, Fitzpatrick, Flannory, Flatt, Fletcher (2), Folb, Ford, Forrester, France, Franklin, French, Fruscione, Fulmer, Gagnon, Galli, Garrahan, Garvin, Gayla, Gendron, Giuliana, Giunta, Gloyd, Godfroy, Grande, Graniteville Pride, Greenwood, Gregoire, Griffin, Gumuchian, Guttenberg, Hall, Halvorsen, Hanogan, Harlow, Harman, Harrington, Hartley, Hastings, Healy III, Hersey, Hicks, Hoebeke, Holmes (2) Holway, Howard, Hunter, Hyle, Indresano, Jewett-Ensor, Johnson (2), Joki, Jones, Jordan, Kazeniak, Keefe, Kelleher, Kemp, Kennedy, Kern, Kimball, King, Korsak, Kulis, Kyathappala, LaFord, Lahue, Lambert, Landino, Landry, Lane, Langathianos, Laslie, Lawrence, Leary, Leathers, Leedberg, Lemieux, Lesperance, Leung/Valleau, Levenbaum, Libby, Linteri, Lobo, Long, Longtin, Lord, Lucas, Lund, Lund/Jo-Anne, MacCartney, Maccini, MacDougall, MacInnis, MacLeod, MacMillan, MacNeil, Macpherson, MacQuarrie, Maguire, Makohen, Mallinson, Mammen, Manning, Marchand, Marcinkowski, Mason, Masterman, Maxwell, May, Mayer (2), McCann, McColough, McCusker, McEvoy, McGrath, McGuirk, McKelvie, McLaughlin, McMillan, McQuiggan, Measer, Meehan, Mecklenburg, Miezeiva, Mizzoni, Molinari, Mooney, Morton, Mosacchio, Mudgett, Murphy, Newton, Nichols, Nunes Jr., O'Clair, O'Dell, O'Donnell, Officer, Omarodian, O'Neil, Orr, Ostlund, Owens, Pacini, Palmer, Parish, Parsons, Pepin, Perciballi, Perry, Peterson, Pfeiffer, Piantedosi, Pigott, Poist, Pozdena, Premru, Price, Reilly, Repucci, Ricard (2), Ristaino, Rivet, Rogers (2), Romansky, Rondeau, Rose, Rosenberg, Rosenstein, Ross, Rowan, Rowles, Rowy, Roy, Ryder, Sabnis, Sandison, Schott, Sears, Secor, Severyn, Sharpe, Shaver, Shepherd, Shirar, Short, Smith (3), Spadano, Spamg, Spang, Sparks, Steward, Stone (2), Strutt, Sudak, Sullivan (2), Swanson, Taylor, Teague, Thayer, Theriault, Theroux, Thibodeau (2), Thomas (2), Thompson (3), Tillman, Tobiason, Topjian (2), Toupin, Tousignant, Trainor, Tricca, Tsai, Upperman, Vacca, Van Bever, Vardaro, Vaughn, Velantzas, Walker, Wilton.

2016 INCOME TAX HELP

Hal Schreiber, our volunteer tax expert, will be back this year to complete your 2016 federal and state income tax returns. Due to the large number of tax returns being prepared at the Senior Center, Dick Severyn will also be back to assist Hal. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms with you.

What to bring with you:

Your 2015 federal and state tax returns

Form MA 1099-HC. It is very important to bring this form since the insurance company's name, tax identification number, and your subscriber number has been entered on your Massachusetts tax return.

Form 1095-A, Form 1095-B, Form 1095-C(they pertain to health insurance). If you received any of these forms, it is very important to bring them with you.

W-2s, SSA-1099s, 1099s(DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc

The amount and date of any federal and state estimated tax payments you made for 2016.

If you pay rent for your main residence, bring the amount you paid in 2016(some or all is deductible on your Massachusetts tax return.

All property tax bills you paid in calendar year 2016 for property not located in Westford.

If you or your spouse is age 65 or older and your main residence is not located in Westford - all water/sewer bills you paid in calendar year 2016.

Car, boat, personal property excise tax bills that you paid in 2016

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).

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).

Medical and Dental expenses – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aides and eyeglasses. 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.

Charitable contributions. Total your cash/check/credit card contributions. For property contributions - the 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, it is important that you bring the paperwork/form you received from the charity

ANNOUNCEMENTS

The Town Manager recently appointed **Sandy Collins** to the **Council on Aging Board**. Welcome!

***The Friends of the Cameron** just installed two new board members and they are **Chris Kuntz** and **Jeanne Lemieux**.. Congratulations!

***NEW time for Friday Ping Pong** which now starts at **9:45AM** on Friday mornings, yeah!

***NEW Offering** for those that would like to join us for lunches and/or dinners at the center or Franco we will be offering a **Gluten and Vegetarian option** however you must register at least 48 hours in advance and request chosen option with our registrar.

* A special thank you to **Russ Badessa, Westford's Representative** to the **Lowell Rural Transportation Authority** for helping us get our additional eight passenger handicap accessible van.

***Don't forget** if you have a vehicle you would like to donate the Friends of the Cameron will gladly take it, just call 978-692-5523.

***Please** double check where your library books are being returned because we are getting books from other Town's libraries.

Thank you!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| DECEMBER 2016  | CAMERON BREAKFAST PROGRAM Every weekday morning 8 am ~ 10 am |  | 1 Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Veterans Services 4 pm Bingo 6:45 pm | 2 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am |
| 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 | 6 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 | 7 Reflexologist 9:30 am Bone Builders 9:30 am Brunch/Beads 10:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30 pm | 8 Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am Bone Builders 1 pm Hand & Foot 1 pm Bingo 6:45 pm | 9 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Lunch/Learn 12:15 pm |
| 12 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 | 13 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 | 14 Holiday Breakfast 8 am Blood Pressure 9 am 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 | 15 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Dec. Birthdays 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Bingo 6:45 pm | 16 Aerobics 8:30 am Ping-Pong 9:45 am |
| 19 Bone Builders 9:30 am Quilting Club 9:30 am Memory Café 10:30 am Elegant Chef 11:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm | 20 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 | 21 Reflexologist 9:30 am 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 | 22 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Bingo 6:45 pm | CAMERON SENIOR CENTER CLOSSES AT 12 NOON |
| CLOSED  | 27 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 | 28 Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm | 29 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Bingo 6:45 pm | 30 Ping-Pong 9:45 am New Years Eve Day Luncheon 11:30 am CENTER CLOSSES AT 2 PM |

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.

**DUE TO UNPREDICTABLE WEATHER
NO TRIPS ARE SCHEDULED FOR
JANUARY AND FEBRUARY 2017**