

WESTFORD COUNCIL ON AGING NEWSLETTER

JANUARY/FEBRUARY 2017

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 NEW YEAR'S ~ MONDAY, JANUARY 2
MARTIN LUTHER KING ~ MONDAY, JANUARY 16
PRESIDENTS DAY ~ MONDAY, FEBRUARY 20**

REMINDER: CAMERON EVENING HOURS TUESDAYS AND THURSDAYS ~

SWEETHEART LUNCHEON

The Council on Aging Board invites you to their "Sweetheart Luncheon" on Tuesday, February 14 at 12 Noon at the First Parish Church United, 48 Main Street. There is no cost to attend this catered gathering of Cameron friends. Please sign up by calling 978-692-5523.

LOOKING TO GET A CHARLIE CARD? ~ Come and learn about the services that the LRTA offers to Westford residents. We are fortunate to have Chris Curry, LRTA/NMCOG Transit Program Coordinator with us to help individuals age 60 and over get a Charlie Card which will provide cardholders a 50% discount on LRTA, MBTA transportation services. Learn about bus routes, other public transportation modes of service available to you and ask questions. Feel free to bring a friend of any age to take advantage of this very informative program **Tuesday, January 17 at 1:30pm**. Please sign up at 978-692-5523.

55+ EARLY EVENING PROGRAMS

CIRCUIT TRAINING – Starting on Thursday, January 19 we are planning to have an eight week circuit training class in our fitness room on Thursday evenings from 5:30-6:30 p.m., with the help of an instructor from "Signature Fitness". Come learn how to use the cardiac and strength equipment and create a personal exercise program that addresses your goals and health concerns. The cost for this 8 week session is \$40. For more information, call Annette at 978-399-2326.

LOWELL GENERAL SERIES – We are pleased to announce a FREE monthly series with speakers from Lowell General Hospital on the 2nd Tuesday of every month. Mark your calendars and register by calling Lowell General at 1-877-544-9355.

January 10th – Big Dreams, Big Intentions – setting goals from 5:30 - 8 pm
February 14th – Small Steps that Make Big Changes from 6 - 7:30 pm
March 14th – Stress Management with Self Hypnosis - time TBD

**More programs continued on Page 2
See 'Sandwich Generation' on Page 6**

NEW PROGRAMS

QUIGONG – For Relaxation and Balance

This 5,000-year-old healing art form is one of the core elements of Traditional Chinese Medicine. Join us here on **Thursdays, January 19 thru March 9 from 7:00 -8:00 pm** for a moving meditation created by coordinating slow flowing movement, deep rhythmic breathing and a calm meditative state of mind. Dave Crocker will lead this 8-week session which will teach you 4 different qigong sets that can be done seated or standing. The fee for Westford residents is \$40. To register please call Lowell General at 1-877-544-9355.

THURSDAY'S ~ EARLY EVENING EVENT & LIGHT DINNER!

We are planning events for early evening fun for the last Thursday of the month from 5-6:30pm. **January 26 will be Movie Night** with popcorn, hotdogs and drinks for participants. **February 28th will be Game Night** come play billiards, darts, lawn golf and corn row. Pizza and drinks will be served to participants. **March 30** we are seeking someone to share a slideshow of their recent travels. Other ideas include a dance, casino night, and more. Please call 978-692-5523 to sign up.

NEW SESSION FOR CAMERON FITNESS CAMP

This complimentary twelve-week group training class is suitable for all levels from beginner to advanced. Participants will work on cardio, weight or resistance training for bone health and posture; and dynamic stretching for improved range of motion, balance and flexibility. Instructor Kim Vespucci is a NPTI certified trainer. Kim's classes fill up quickly so please register for this new Wednesday class. **Class start date: Wednesday, March 1 at 1:30 p.m.** Call 978-692-5523 to register.

LUNCH & LEARN

Please Sign up for the Lunch and Learn Program at 978 692 5523 so we can plan for food.

Friday, January 13 at 12:15 – Diabetes 101 with **Kassandra Harwood**. Lunch sponsored by the **Atrium and Chelmsford Crossing**.

Friday, February 10, at 12:15 – Reviving the Essence of Traditional Chinese Culture through Shen Yun. Lunch will be sponsored by **Care & Beyond Come Care LLC**.

Friday, March 10, at 12:15 –Zentagle Sponsored by **Lowell General**. Lunch will be sponsored by the **Atrium and Chelmsford Crossing**.

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.

WATERCOLOR CLASS with PRITI LATHIA

Back by popular demand this 8 week class will be starting on **Tuesday evening March 14 from 6:00 - 7:30 pm in the Arts & Crafts Room**. Get your paint brushes ready! Cost for this watercolor class is \$25.00. A supply list will be provided to you at registration.

MANICURES, PEDICURES AT CAMERON

Veronica Thompson a popular reflexologist amongst COA's will be here on **Wednesday, January 11 and February 8 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

WEDNESDAY LUNCH

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!)

January & February meal selections:

Wednesday, January 4: Sheppard's Pie
 Wednesday, January 11: Spaghetti & Meatballs
 Wednesday, January 18: Haddock
 Wednesday, January 25: Fried Chicken/Mac n Cheese

Wednesday, February 1: Tomato Soup & Grilled Cheese
 Wednesday, February 8: Chicken Alfredo
 Wednesday, February 15: Meatloaf
 Wednesday, February 22: American Chop Suey

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, January 12 at 8m.~Alison Christopher

Thursday, February 9 at 8m.~ Heart Heath Sponsored by Lowell General

Thursday, March 9 at 8m.~"Change your Spine, Change your Life" with Dr. Deborah Diamond D.C.

MEN'S BREAKFAST

January Men's Breakfast will be held on **Tuesday January 10** at 8AM. Bob Tabor will talk about his 12 trips to India with the Southeast India Foundation. He will present a slideshow of the people with whom he works at the Mercy Home Orphanage and of the surrounding area. Come hear about the fascinating work they do with primitive villages in the tsunami-affected area of southeast India.

February Men's Breakfast will be held on **Tuesday February 14** at 8AM and will feature David Brody speaking about his research uncovering evidence of the lost Atlantis colony for his new novel.

Please RSVP to 978-692-5523 or email achristopher@westfordma.gov by the Friday prior so that we can purchase enough food.

BIRTHDAY CELEBRATION

Come Celebrate the January and February 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.

Thursday, January 26 at 12:30p.m. ~ Jambalaya and Rice
Thursday, Feb 16 at 12:30p.m. ~ Pork Medallions

ELEGANT CHEF LUNCHEON

This delicious three course meal will be prepared and served by our favorite culinary art students from Nashoba Tech's Elegant Chef Program. Cost is \$9.00 for the meal.

Monday, January 30 at 11:30a.m. - Maple Glazed Ham and Baked Haddock

Monday, February 6 at 11:30a.m. - Pot Roast and Salmon

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). and **Wednesday, February 22 at 11:30 a.m. at Thai Jasmine, 313 Littleton Road, Chelmsford.** Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit.

Health & Wellness

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 from **10:30 -11:45 on Monday's, January 23 and February 27.** January's program is **Pet Therapy and for the caregivers a discussion with an Elder Law Attorney.** February's program is **casual Chair Movement and Dance.** 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.

DIABETES PREVENTION is within your reach!

Start today, change your tomorrow!

Take the first step now and sign up for this class today. Scherrie Keating RN, BSN, CDE, Founder Diabetes Kare Consulting, LLC, over 30+ years as a registered nurse, Certified Diabetes Educator, National Diabetes Prevention Program Lifestyle Coach, AHA CPR Instructor and personal health coach. Join Scherrie on **Wednesday, January 25 from 1-4 pm** for a follow up appointment from her December Presentation. She will also be with us on **Friday, February 17th at 10 am** with a presentation on **Eating Healthier.**

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: January 10 and February 14 at 9 a.m.** with the Westford Health Department.

WESTFORD HEARING CLINIC

Mondays: January 9 and February 13 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 9:30 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

ROWING IS BACK ~ Class starts January 3

Want an amazing work-out and enjoy the camaraderie of fellow rowers who will push and encourage you than this class brought to you in partnership with our Town Recreation Department. Classes will be each **Tuesday and Thursday from 1:30-2:15 pm from January 3 thru March 9.** There are only fifteen spots for this class so please register quickly 978-692-5523. **Cost \$30**

*Scholarships are available for this class if you would like to participate but the cost will cause a hardship for you. Please see Alison or Annette about scholarship opportunity.

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 classes 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

As the new year rings in we hope to be part of your plans for 2017. How about adding some more socialization, fitness and laughs to your weeks? We have lots of activities that we guarantee you will enjoy ... Zumba, music, meals, art classes, ping pong and more. Maybe you are seeking purpose and meaningful things to occupy your time? We can help with that too because we have lots of volunteer opportunities. As your Outreach coordinator, one of my primary goals is to help folks find ways to improve the quality of their lives. So if life has been sluggish or dull lately, reach out to me and together let's find a way for you to start this new year in a more fulfilling way. I can be reached at 978-399-2326.

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.

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.

CRIBBAGE

Wednesday 1 3 p.m. Come join our fun group!

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 – Fridays 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 – Thursdays, January 12 & February 9

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, January 9 & February

13 at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker . Call: 978-692-5523.

SHINE – Mondays, January 9 & February 13 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.

JANUARY HOURS:

- **Wednesdays: January 4 & 18** from 8:30 - 11:30 a.m. and **January 4, 11, 18, & 25** from 6 - 8 p.m.
- **Thursdays: January 5 & 19** from 8:30 - 11:30 a.m.
- **Fridays: January 6, 13, 20 & 27** from 8:30 - 11:30 a.m.
- **Saturdays: January 7, 21 & 28** from 9 - 11 a.m.

FEBRUARY HOURS:

- **Monday: February 6** from 1 - 3:30 p.m.
- **Wednesdays: February 8 & 22** from 8:30 - 11:30 a.m. and **February 1, 8, 15, & 22** from 6 - 8 p.m.
- **Thursdays: February 9 & 23** from 8:30 - 11:30 a.m.
- **Fridays: February 3, 10, 17 & 24** from 8:30 - 11:30 a.m.
- **Saturdays: February 4, 11 & 25** from 9 - 11 a.m.

COA VAN TRIP

"BLITHE SPIRIT" Sunday, February 19 ~ Join the COA Van to see the Concord Players present this Noël Coward comic play. We will depart Cameron at 12:45 pm for the 2 pm matinee. Cost is \$25, don't hesitate because we only have space and tickets for 12. Call 978-692-5523 to sign up.

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.*

COA PARKING SIGNS

These two designated parking spaces are for folks with handicap placards or COA placards. To receive a COA placard see Annette or Alison. If you have your own handicap placard you can park in these designated spaces.

Financial Info

PROPERTY TAX PAYMENT – Monday, January 30 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.

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.

GOOD NEIGHBOR ENERGY FUND - The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is *not eligible for state or federal energy assistance*. This is a good program for people who don't qualify for LIHEAP, but have a recent hardship situation. If you are interested in applying, call Salvation Army Lowell at 978-458-3396 or call Alison or Annette.

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

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.

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 and **February 28 for "Downsizing: Windows of Opportunity"**. Downsizing is a daunting task. If you have older relatives or if you are thinking about downsizing this is an event for you. We will discuss the challenges that come up in this process, ways to meet them and how to identify your options. Kathy Cunningham of Coldwell Banker Real Estate will share her personal and professional experiences and solutions. These sessions are free and open to folks of all ages. Please call Annette your Outreach Coordinator with suggestions or questions. 978-399-2326.

BOARD MEETINGS

- COA Board – Wednesdays, Jan. 11 and Feb. 8 at 4 p.m.
- Friends of Cameron – Thursdays, Jan. 5 and Feb. 2 at 12:30 p.m.

'PAJAMA PARTY' TALES – Thursday, Jan. 5 at 10 a.m.

Let's get together in the library, get cozy, curl-up by the fireside, sip cocoa and swap stories about fun pajama parties we've attended. Laughter rules the day...the funnier the tales, the better. Wear a bathrobe & slippers if you wish. Prize awarded by Trudy's Boutique for the funniest true story!

WINTER AT TRUDY'S BOUTIQUE

What better way to raise everyone's spirits after the holidays than a? We've got robes, jammies, slippers and a whole variety of linens 'n things. [Also, see 'Pajama Party' Tales, Thursday, Jan. 5, at 10 a.m. in Library.] Later in January, as 'Chinese New Year' approaches, we'll turn our eye toward an appreciation of a variety of Oriental arts and design. Then, in February, we look forward to heartwarming thoughts of friends, family, pets and those we love.

Trudy's Boutique

THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

JANUARY THEMES

PAJAMA PARTY

AND

ORIENTAL ART & DESIGN

FEBRUARY

VALENTINE TREASURES

DONATIONS ALWAYS APPRECIATED!

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.

TOUR AT RIVERCOURT RESIDENCES

Come check out what Rivercourt Residences has to offer! Join us for a tour and lunch **Friday January 27th at 11:30 A.M.** located at 8 West Street Groton, MA. Call 978 692 5523 to sign up.

THE UPBEATS our own wonderful band will be performing at the **Chelmsford Senior Center on Wednesday, January 11 from 12—12:45 pm.** Also at Rivercourt Residences, 8 West Street, Groton, MA. **Monday, January 16 from 2:30—3:30 pm.**

SPRING CONCERT at Westford Academy on **Tuesday, March 7 from 10—11:30 am.** Lunch will be provided at **11:45 am.** Call 978-692-5523 to sign up.

PROGRAM COMMITTEE

Katie is looking for some help to plan some of the programs here at the Cameron Senior Center so we are starting a Program committee to meet quarterly to discuss the up coming activities. If you are interested, please contact Katie for more information at 978-399-2330 or krussell@westfordma.gov.

ICELAND: LAND OF FIRE & ICE

Join us on a trip to Iceland on September 24- October 2, 2017 for more information contact Katie at krussell@westfordma.gov.

FREE ~ We have two boxes of new bed liners/incontinence pads, if you are interested call Annette at 978-399-2326.

Director's Message

My Ride On Our COA van,

I recently joined Ed Jarvis, one of our caring drivers and Wes Ray, a delightful volunteer on the Wednesday's grocery run for observation. It was suggested I sit in the front row on the right because many of the riders we would be picking up liked to sit in their special seat. The first rider was from China and extremely self-sufficient and bright. I learned that he was Bridge player that when people saw him they would say some not so nice words because to put it modestly he was brilliant at the game. I also enjoyed learning about his amazing feats as a physics professor which included addressing congress and other high governing officials in what I would say very successful and rewarding professional career. Shortly, our next stop was to pick up a middle-aged woman who was on disability and took the van to work each day. When this woman got on the van she was actually singing with happiness and greeted everyone with such enthusiasm for life. I thought to myself, "how chipper she is" and I continued to listen to the cross-communication of everyone on the van I quickly sensed an immense comradery amongst one another. As we continued to pick up riders the chatter grew louder and quite engaging to say the least. As everyone came out of the grocery store Wes assisted them with their bags and put each person's groceries into big baskets to ensure they did not get intermingled and ensured safety of the precious cargo aboard. On our return home I could not help but reflect on how important transportation is to people especially when this resource is not as easily accessible or accessible to others depending on varying situations. I must say this ride on the van for "observation" was not exactly what I expected with the unexpected round of Happy Birthday to a birthday celebrant, the appreciation for the van driver(s) and Wes, holiday music on the radio and the unbelievable enjoyment that everyone shared on this trip to get groceries.

This is truly a wonderful service that the **Town** offers to those on disability and/or age 60 and over. However, this would not be possible without the tremendous support of the **Lowell Regional Transit Authority, Russ Badessa, Westford's LRTA Representative** and our fine COA transportation program.

September statistics:

Total rides- 800

Ambulatory riders- 72 unduplicated

Non-Ambulatory riders- 68

Disabled riders- 23

*This is a donation-based service and is available to Westford residents age 60 and over and/or disabled.

Happy New Year to All!

- *Jennifer Claro, Director*

THANK YOU!

CAMERON QUILTERS donate \$481.50 to center

On behalf of the Cameron COA staff we would like to thank the "Cameron Quilters" for their many months of hard work quilting afghans, hats, gloves, scarfs and many other beautiful pieces in preparation for the WA Holiday Bazaar. These talented quilters include **Pat Granfield, Davida Gilmore, Loretta Tatelman, Jill Tatelman, Inge Berry, Joyce Newton, Gabriella Diprizio** and **Jean Schott**.

VFW POST 6539 Due to potentially not having a location that could easily accommodate our Holiday Basket gift distribution program for over 56 Westford families **Brian Fitzpatrick, Manager of the VFW Post 6539** donated their nice space for three days at no cost to the Cameron. Thank you **Richie Crocker** for connecting the Cameron with Brian.

RIVERCOURT RESIDENCES We really appreciate **RiverCourt Residences** filling our candy dish each day with wonderful little chocolates most enjoy on their way in or our out (or sometimes both SHH!) of the Cameron.

THE FRIENDS OF CAMERON for sponsoring a fun and festive holiday luncheon. Our friends at **Westford Academy** did a beautiful choral repertoire of holiday music that we so enjoyed.

JOSEPH PENNELLA A special thank you to for his recent donation of Nissan Frontier to the Friends of the Cameron Car donation program. For more information please call 978-692-5523.

NEWSLETTER VOLUNTEERS ~ Many thanks and kudos for always meeting our mailing deadline on short notice!!

MAKE CHECKS PAYABLE

To help when making out checks for various activities here are a few guidelines:

- If you are writing a check to the Westford Food Pantry please make the check payable to the Friends of the Cameron and designate it for the Westford Food Pantry in check description line.
- If you are paying for multiple things please list on check and ask that those events be listed on your receipt from the Cameron.
- Elegant Chef and birthday lunch are made out to the Friends of the Cameron and designate Cummings in check description.

Thank-you for your help!

WISH LIST

Plastic Ziploc quart or gallon bags are much needed for our Whole Foods and Panera Bread Distributions each week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED <i>A HAPPY NEW YEAR</i>	3 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 Rowing 1:30 pm Ping Pong 5 pm	4 Ask the Lawyer 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 Alzheimer's Sup. 6:30 pm	5 Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am 'Pajama Party' 10 am Bone Builders 1 pm Hand & Foot 1 pm Rowing 1:30 pm Veterans Services 4 pm Bingo 6:45 pm	6 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
9 Bone Builders 9:30 am Quilting Club 9:30 am Hearing Clinic 9:30 am Art/Open Studio 12 noon Meet the Realtor 10 am T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm SHINE 1 pm Ping Pong 1:45 pm	10 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 Rowing 1:30 pm Ping Pong 5 pm Lowell General 5:30 pm	11 Aerobics 9:30 am Bone Builders 9:30 am Reflexologist 9:30 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	12 Women's Breakfast 8 am Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Ask the Officer 11am Bone Builders 1 pm Hand & Foot 1 pm Rowing 1:30 pm Bingo 6:45 pm	13 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Lunch/Learn 12:15 pm
16 CLOSED MARTIN L. KING JR. DAY	17 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 Charlie Card 1:30pm Scrabble 1 pm Rowing 1:30 pm Ping Pong 5 pm	18 Aerobics 9:30 am Bone Builders 9:30 am Diabetes Program 1 pm Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	19 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Rowing 1:30 pm Circuit Training :5:30 pm Bingo 6:45 pm Quigong 7 pm	20 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
23 Bone Builders 9:30 am Quilting Club 9:30 am Memory Café 10:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	24 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 Rowing 1:30 pm Ping Pong 5 pm	25 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	26 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Jan. Birthdays 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Rowing 1:30 pm Movie Night 5 pm Circuit Training :5:30 pm Bingo 6:45 pm Quigong 7 pm	27 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
30 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	31 Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Podiatry 9:30 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Rowing 1:30 pm Ping Pong 5 pm Estate Planning 6 pm		CAMERON BREAKFAST PROGRAM Every weekday morning 8 am ~ 10 am	JANUARY 2017

This Space Is Available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 2017		1 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	2 Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Watercolor Class 10 am Bone Builders 1 pm Hand & Foot 1 pm Rowing 1:30 pm Veterans Services 4 pm Bingo 6:45 pm Quigong 7 pm	3 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
6 Bone Builders 9:30 am Quilting Club 9:30 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	7 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 Rowing 1:30 pm Ping Pong 5 pm	8 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	9 Women's Breakfast 8 am Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Ask the Officer 11am Bone Builders 1 pm Hand & Foot 1 pm Rowing 1:30 pm Bingo 6:45 pm Quigong 7 pm	10 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Lunch/Learn 12:15 pm
13 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	14 Men's Breakfast 8 am 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 Sweetheart Luncheon 12 pm Bone Builders 1 pm Scrabble 1 pm Rowing 1:30 pm Ping Pong 5 pm Lowell General 6 pm	15 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	16 Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Watercolor Class 10 am Chair Movement 10 am Feb. Birthdays 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Rowing 1:30 pm Bingo 6:45 pm Quigong 7 pm	17 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am Diabetes Program 10 am
20 CLOSED PRESIDENTS' DAY 	21 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 Rowing 1:30 pm Ping Pong 5 pm	22 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	23 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 Rowing 1:30 pm Game Night 5 pm Bingo 6:45 pm Quigong 7 pm	24 Aerobics 8:30 am Music Makers 9 am Ping-Pong 9:45 am
27 Bone Builders 9:30 am Quilting Club 9:30 am Memory Café 10:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	28 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 Rowing 1:30 pm Ping Pong 5 pm Downsizing 6 pm		CAMERON BREAKFAST PROGRAM Every weekday morning 8 am ~ 10 am	



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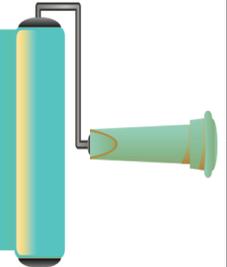
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