

# WESTFORD COUNCIL ON AGING NEWSLETTER

**JULY/AUGUST 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](http://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  
Jean Mahoney ..... Registrar  
Eugene Jungbluth .....Lead 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 Cook.....Chair  
Robert Tierney .....Vice Chair  
Kathryn Wilson .....Clerk

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

## FRIENDS OF THE CAMERON OFFICERS

Richard Severyn .....President  
Barbara Upperman .....Vice President  
Chris Kuntz .....Secretary  
Joyce Newton ..... Treasurer  
Frances Kosenko ..... Asst. Treasurer

**REMINDER: CAMERON EVENING HOURS TUESDAYS AND THURSDAYS  
CAMERON WILL CLOSE AT NOON ON FRIDAY, JULY 14 ~ SEE PAGE 2**

**CALLING FOR: PLANTERS, WATERERS AND WEEDERS!**



Thanks to Pat Reppucci, Maureen Remeika (Pat's sister) and several volunteers we are growing our own lettuce, tomatoes, beans, rhubarb, peppers and more in our own Cameron Senior Center 10x10 plot. I guess you could say we are testing our "Cameron Green Thumb". We are looking for some more volunteers to help plant, weed, and water the plants. For more information please email Pat Reppucci at [patreppucci@comcast.net](mailto:patreppucci@comcast.net).

## 55 + EVENING PROGRAM

### PLANNING FOR MEDICARE - COUNTDOWN TO 65

Join us **Tuesday July 11** at 6:00 pm for a free seminar about when and how to enroll in Medicare, avoiding fees, Medicare Parts, Medigap plans and drug plans. Heather Hurd, a Blue Cross Blue Shield rep will be leading this class to help make this process feel less confusing. Come with your questions and please sign up by July 7 at 978-692-5523.

### **\*IMPORTANT INFORMATION\***

Starting July 1, 2017 we will not be registering individuals for trips unless they have paid. This policy will ensure that those who wish to participate in a trip and can pay will not have to go on a wait list.

## SUMMER FUN!

### CAMERON SUMMER PARTY

Location: Kimball Farm  
Friday July 14 at 12 Noon  
CAMERON WILL CLOSE AT  
12 NOON ON JULY 14.



Come and enjoy a **BBQ buffet with Grilled Chicken, Burgers, Veggie Burgers, or Hot Dogs. With sides of Potato Salad, Corn on the Cob, Watermelon, Kimball's legendary ice cream buffet and an assortment non-alcoholic beverages.** Everyone can enjoy many free amenities which include: 9-hole pitch and putt golf course, driving range, 18-hole mini golf, bumper boats, horseshoes. Also, we will have a **live band called Jumpin' Juba and their blues-based Americana sound courtesy of the Westford Cultural Council Grant.**

We will also have access to many of the parks attractions. Find a partner for a water balloon toss as well as a spelling bee with high stake prizes. Cost will be \$15 per person.

Please call 978-692-5523 to sign up.

## NEW PROGRAMS

### \* NEW OFFERING: PICKLEBALL \*

Pickleball is a paddle sport that combines many elements of tennis, badminton, racquetball and ping-pong. The rules are simple and easy for beginners to learn. While many players enjoy the social aspects of the game and the ability to stay active in their towns and communities, other more competitive players enjoy the quick, fast paced nature of the game. Pickleball is played on a badminton-sized court with a slightly modified tennis net, a paddle and a plastic ball with holes. Pickleball can be played either as doubles or singles. Pickleball will be on Tuesdays at 10 am and will be held at The Mill Works located at 22 Town Farm Road. The cost of this class will be \$5.00 per person per session pay at the start of each session to Mill Works. Call 978-692-5523 to sign up.

### NEW!!! TRAVEL PROGRAM

Do you want to meet people with similar interest? Do you like to get away for a weekend or do fun day activities like going hiking or kayaking? Check out an information meeting here at the center on **Wednesday's, July 19 and August 16 at 10 am.** Call 978-692-5523 to sign up.

### REFLEXOLOGY, MANICURES, PEDICURES AT CAMERON

**Wednesday's, July 12 and August 9** from 9:30am – 3:30pm.  
Manicures \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and reflexology (acupressure) \$25 for 30minutes and \$45 for an hour.  
**To make an appointment call Veronica at 978-407-7658 or Email her at veronica@greatkneads.com.**

## 55+ EARLY EVENING PROGRAMS

### RETURNING IN SEPTEMBER

Be on the lookout in the September newsletter for the return of the following evening programs: **Lowell General Hospital series, Tai Chi, Circuit Training, and a new Watercolor/Drawing class.** Any questions or suggestions for evening programs call Annette at 978-399-2326.

### BOOK CLUB

Do you love to read and would like to talk to others about a great book? Our next meeting is **July 18 at 6 p.m.**, we will be discussing "The Astronaut's Guide to Life on Earth" by Colonel Chris Hadfield **and on August 15 at 6 p.m.**, we will be reviewing "The Big House: A Century in the Life of an American Summer Home" by George Howe Colt. Hope to see you in our cozy library. Please call to sign up at 978-692-5523.

### MOVIE NIGHT

On the 3<sup>rd</sup> Thursday of every month from 4:30 – 6:30 p.m. a movie and goodies are offered. **July 20** we will be showing "**Hidden Figures**" a true story of 3 African American women at NASA who helped launch astronaut John Glenn into orbit. On **August 17** be ready to laugh with the comedy "**Wild Hogs**" which is about 4 middle aged men who take a motorcycle road trip. Please call to sign up at 978-692-5523.

### "SANDWICH GENERATION" SERIES"

We are offering a series of informational sessions monthly the last **Tuesday** of every month from **6:00-7:00 p.m.** These sessions are open to folks of all ages. Please sign up at 978-692-5523.

### **July 25 – It's Not About the Chandelier**

This presentation focuses on how to select a nursing center for yourself or loved one. **Ellen Levinson, the Executive Director of Lifecare Nashoba Valley**, will talk about what to look for and ask before choosing a place to get short term rehab or long term care. Come get some free tips on making this important decision.

### **August 29 – Stroke Prevention/Rehab**

**Pam Cole, the Rehab Director from Lifecare of Nashoba Valley and Sara Salamone, an Occupational Therapist**, will discuss steps people can take to help prevent strokes, warning signs and how to respond and the potential for rehabilitation following a stroke.

## Food & Friendship

### \*WEDNESDAY LUNCH\*

Lunch will be served at **12 noon**. The cost is \$3. Reservations are required 24 hours in advance by calling 978-692-5523. (If you forget to RSVP we ask that you please wait in the sitting area until all are served, thank you!)

#### July Meal Selections:

Wednesday, July 5: Tuna Sandwich, Potato Salad, Watermelon  
 Wednesday, July 12: Cob Salad  
 Wednesday, July 19: Hot Dogs and Beans  
 Wednesday, July 26: Lobster Salad Sandwich

#### August Meal Selections:

Wednesday, August 2: Pizza Bar & Salad from Nashoba Pizza  
 Wednesday, August 16: Grilled Cheese Sandwich  
 Wednesday, August 23: Salad Bar  
 Wednesday, August 30: Cheese Burgers

### FARM TO TABLE LUNCH

**prepared by our very own Cameron cooks**

Enjoy the Cameron's culinary talent as participants of our center prepare one meal a month of freshly picked vegetables from the fields of WorldPeas Sustainable Farming Project in Lowell, MA. If you would like to help with this lunch, please email [patreppucci@comcast.net](mailto:patreppucci@comcast.net). We hope to see you at our **lunches on Friday's, July 21 and August 18 at 12:30pm** Sign up at 978 692 5523. Cost is \$5

### BIRTHDAY CELEBRATION

**with "Chef" Bill Vullo & Exit Realty**

Come enjoy one of Chef Vullo's delicious lunches; then it's time for birthday cake and ice cream provided by our partners from EXIT Realty. Cost is \$5.00 for guest and free for Birthday Celebrant. Please call in advance to register for this fun birthday celebration at 978-692-5523.

Thursday, July 27 at 12:30 Shrimp Scampi  
 Thursday, August 31 at 12:30 BBQ Chicken

### RESTAURANT REVIEW ~ Dutch Treat!

Be sure to mark your calendars for our next outings on **Wednesday, July 26, 11:30 a.m. at Olive Garden, 422 Middlesex Rd., Tyngsboro and Wednesday, August 30, 11:30 a.m. at Good Thymes Restaurant 1278 Gorham St, Lowell.** 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.

### MEN'S BREAKFAST

July and August we will be on summer break. We look forward to seeing everyone again on **Tuesday, September 12!**

### WOMEN'S BREAKFAST

Will be on summer break. Enjoy your summer and see you on **Thursday, September 14!**

### LUNCH AND LEARN

**Friday, July 7 at 11:00 am**

Cyber Security Awareness presentation by **Ekaru of Westford.**

Lunch: sandwich bar with all the fixings after the presentation.

**Friday, August 11 at 12:15 pm**

**Fallon Health** will sponsor a presentation about Humor and Your Health: Why do some people seem happier than others? Come learn different ways to make your life happier every day!

Lunch is sponsored by Fallon Health.

## Health & Wellness

### BLOOD PRESSURE & MORE

Gail from the Westford Health Department will not be at Cameron during July and August. If you would like a Health screening including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns please give **Gail a call at 978-399-2548** and she can schedule a time to meet with you.

### WESTFORD HEARING CLINIC

**Monday's: July 10 & August 14 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-minute appointment call the Westford Health Department at 978-692-5509. Sponsored by the Westford Health Department.

### PODIATRY CLINIC

**Monday: August 7 at 9:30 a.m.**

Advance appointments are necessary with Dr. Ayleen 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 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***

### **DID YOU KNOW....**

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

### **RMV (REGISTRY OF MOTOR VEHICLES) ASSISTANCE**

If you need assistance with an online transaction with the RMV-license renewal, registration renewal, etc. we are happy to assist you. Not all renewals and transactions are eligible to be completed online, but we can let you know if we can help. Call Alison at 978-399-2325 or Annette at 978-399-2326.

### **SUPPORT GROUPS**

Several local support groups are available to Westford residents. Visit: [www.westfordma.gov/coa](http://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.

### **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.  
**Please note the group will not be meeting on Wednesday, August 2 but will meet again on Wednesday, September 6.**

### **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.

## ***Ongoing Activities***

FOR COMPLETE LIST, SEE MONTHLY CALENDAR

### **BINGO – Mondays, 1–3 p.m & Thursdays, starting at 7 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.

### **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 4:00 - 7:30 pm.** Come meet and join this active and diverse group of players!

**MUSIC MAKERS**

The Music Makers will be on break for the summer. The first rehearsal in the fall will be on **Friday, September 8 at 9:00 AM** at the Cameron Center. Thanks to all who have participated, we'll see you in the fall! New singers are always welcome!

**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.

**UPBEATS** If you love music, play an instrument and want to have fun, come join this wonderful group of musicians practice time on Tuesdays at 10:15 am. **Look for their performances during July and August at the Westford Farmers Market on Westford Common!**

**ASK THE LAWYER** – Tuesday, July 11 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's, July 13 & August 10 from 11 a.m. to 12 noon. Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation the 2nd Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

**MEET THE REALTOR** – Monday's July 10 & August 14 at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523 for an appointment.

**SHINE** – Monday's, July 10 & August 14 at 1 p.m. 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 - 6 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.

**JULY HOURS:**

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

**AUGUST HOURS:**

- **Mondays: August 7 & 21** from 1 - 3:30 a.m.
- **Wednesdays: August 9 & 23** from 8:30 - 11:30 a.m. and **August 2, 9, 16, 23 & 30** from 6 - 8 p.m.
- **Thursdays: August 10 & 24** from 9:30 - 11:30 a.m.
- **Fridays: August 4, 11, 18 & 25** from 8:30 - 11 a.m.
- **Saturdays: August 5, 12, 19 & 26** from 9 - 11 a.m.

***Financial Info***

**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.**

**REMINDER:** Save your Social Security benefit notification for 2017. You will need it to apply for many of the financial assistance programs that exist.

**T.R.E.A.D.** Applications are available at the Senior Center and will be **DUE ON AUGUST 1**. Tax Relief for Elderly and Disabled is a donation funded program for property tax relief. Applicants must be 65 years or older OR have a state recognized disability, and must own and occupy their home. The T.R.E.A.D. Committee meets to determine awards in December 2017. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325.

## COA TRANSPORTATION SERVICE

### COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

Service towns are: Acton, Ayer, Carlisle, Chelmsford, Concord, Groton, Littleton, and Westford.

Please call **Chuck at 978-399-2322** 48 hours prior to your appointment to schedule your ride.

**DON'T FORGET WE OFFER GROCERY SHOPPING TRIPS TO MARKET BASKET EVERY WEDNESDAY AND OTHER DAYS AS NEEDED.**

### SHUTTLE SERVICE TO BOSTON AND AREA MEDICAL CENTERS:

Call Groton Senior Center at 978-448-1170.

OR From Littleton Train Station call MRTA at 800-922-5636.

## COA VAN TRIPS

### REVERE BEACH SAND SCULPTURE FESTIVAL

**Friday, July 21 9:30 AM** Relax and enjoy a scenic COA van trip to Revere Beach to view beautiful sand sculptures and inhale that fresh sea air. We will stop at Kelly's Roast Beef for lunch (on your own) on the way back. **COST IS \$10.00 seats are limited.** CALL 978-692-5523 TO SIGN UP!

### DeCORDOVA MUSEUM

Join us to visit The DeCordova Sculpture Museum on **Friday, July 28 at 10am**. There will be a guided tour around the museum and a self-guided tour around the sculpture park. Lunch will be on your own in their Café. Cost for this trip will be \$20. Please sign up early at 978-692-5523 space is limited.

### ESSEX SHIPBUILDING EXCURSION

**Thursday, August 24 at 9 AM** on our COA van enjoy a relaxing, scenic trip to view the best maritime collections in the region. We will stop for lunch (dutch treat) at the award-winning restaurant Woodman's. Cost \$10.00 seats are limited. CALL 978-692-5523 TO SIGN UP!

## Are You Interested?

### GOLF ~ TIME TO GET TO THE GREENS!!

If you are interested in playing 9 holes of golf on **Tuesday mornings come join us at Quail Ridge** Great Road in Acton. Fee is \$25 per week for 9 holes of golf and an electric cart if you pre-register at the Cameron Senior Center by calling 978-692-5523. **Arrive at Quail Ridge at 8:00 am and pay at the Club house.** Pick up a foursome and be ready to hit the links by 8:15 am. A good way to meet other people and play a round of golf!

### ATTENTION! NEED TECHNOLOGY HELP!

Look no further, set up an appointment with middle schooler Tom. Tom is very knowledgeable about the latest technologies like phones, tablets, and laptops or on how to use social media and emails. Sign up at 978-692-5523.

### BOARD MEETINGS

COA Board – Wednesday, September 13 at 4 p.m.  
Friends of Cameron – Thursday, Sept. 7 at 12:30

### JOIN US TO CELEBRATE THE 100th ANNIVERSARY OF WWI & CAMP DEVENS WITH TWO GREAT EVENTS!

- WWI Dinner Dance, Saturday, July 15 from 6 - 10 PM at the Bull Run Restaurant, 215 Great Road, Shirley. For information and to purchase tickets: tickets.bullrunrestaurant.com. Features a live dance band of former 18th Army Bandmembers playing music of the era.
- Sunday, July 16, 18th Army Band Reunion Concert from 2 - 4 PM at 94 Jackson Road Quadrangle, Devens, MA. Free and Open to the Public with plenty of free parking. What a fitting tribute to the 100<sup>th</sup> Anniversary of WW1 and Camp Devens. Retired and former members of the 18<sup>th</sup> Army Band, long stationed at Fort Devens, will join members of other local bands to perform a traditional afternoon outdoor band concert. Also joining us will be the widely acclaimed Westford Fire Department Pipes and Drums.

## Future Events

### RESERVATIONS FOR THE FOLLOWING EVENTS ARE A MUST ~ Please call 978-692-5523.

#### ◆ KIWANIS COOKOUT

**Tuesday, August 1 at 5:30 pm**

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

#### ◆ REPRESENTATIVE COOKOUT

**Wednesday, August 16 at 11:30 am**

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

#### ◆ SENATOR DONOGHUE LUNCH & DESSERT

**Day and Date TBD at 11:30 am**

Senator Eileen Donoghue will be sponsoring a lite summer lunch and dessert. Join us to hear what information the Senator has to share. She will be happy to answer your questions!

**SEPTEMBER ~ Celebrating National Senior Center Month!**  
**LIVE THEATER SHOW – Friday, September 22 at 1 p.m.**  
**Delvena Theatre Company** will be with us again for another live theatrical production featuring Lynne Moulton and Fran Baron. Watch history come alive with these fascinating dramatizations of the true stories of the “**Salem Witch Hysteria.**” You will be able to interact as a jury as well as have a lively discussion with the cast after the performance. As always we will have a celebration with root beer floats following the show. A fun time for all!  
**This program is supported in part by a grant from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. Call 978-692-5523 to sign up.**

## FRIENDS OF CAMERON CORNER

The Friends would like to thank all who attended our Annual Meeting, May 24, plus the Cameron staff who helped set-up and provide refreshments. The Friends members attending approved the proposed revisions to the Friends Bylaws, unanimously, and elected our new 14-member Board of Directors. Copies of the revised bylaws will be available soon.

The 2017-2019 Board of Directors includes: President, Dick Severyn; Vice-president; Barbara Upperman; Secretary, Chris Kuntz; Treasurer, Joyce Newton; Assistant Treasurer, Frances Kosenko; Members-at-Large: Gail Austin, Helena Crocker, Paul Fassbender, Joan Greenwood, Marjorie Hunter and Don Wilt; and Nominating Committee: Marcel Lacombe, Lois Hartley and Shirlee Plourde.

As we embark on the coming year, the Friends can use fresh ideas. If you have talents, knowledge or skills to share – get involved! Summer is a great time to try a new hobby, work on crafts or volunteer. Don't forget our fall Harvest Fair, Saturday, Oct. 21.

### *Trudy's Boutique*

THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

“SUMMER FUN”

**DONATIONS ALWAYS APPRECIATED!**

## Director's Message

### Friends Annual Meeting Brings New Change

Ed Greenwood presided over this meeting in his last responsibility as the outgoing President of the Friends of the Cameron. The meeting included a 2016-17 overview given by Chris Kuntz, Friends Board member and their many successful accomplishments which in brevity included:

- Provide funding to support the Towns dental and shingle vaccination grant programs for residents age 60 and over demonstrating a financial need administered by the Health Department.
- Funding to allow Cameron participants an opportunity in many of the exercise classes at no cost
- Maintaining Trudy's Boutique and the successful addition of sales such as Appliance, Holiday, Wood sales- new fixture, displays and invitation for new volunteers and their creativity
- Sponsored special events such as Gay 90's, Kimball Farms-Summer party, Sweetheart Luncheon, BBQ, Spaghetti dinner, monthly breakfast and more.
- Vehicle donation program set up by outgoing board member Paul Theroux

Also, covered in this meeting was the acceptance of the new revised Friends by-laws and the election of Board of Directors ( see Friends of Cameron Corner).

So, if you would like to attend the next Friends Board meeting and meet our new board members and officers mark your calendar for their next meeting on **Thursday, September 7 at 12:30 in the Craft Room.** So, as our Friends organization transitions with new leadership and by-laws I encourage you to get involved with this organization that enriches the program and service opportunities offered through the Cameron with their financial support. As we end this year with our Friends Board I would like to *thank five dedicated outgoing board members for their service* and valuable contributions to this great organization and they include **Ed Greenwood, Joyce Cederberg, Diane Mudgett, Jeanne and Richard Lemieux and Paul Theroux.**

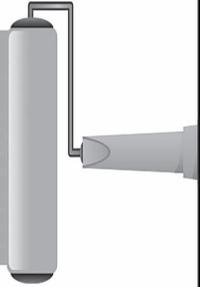
We look forward to sharing some warm and sunny, summer days with you at the Cameron.

~Jennifer

PS- *Harvest Fair* is fast approaching please consider volunteering to help with this top notch and important Friends fundraiser.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>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</p>	 <p><b>4</b></p>	<p><b>5</b></p> <p>Bone Builders 9:30 am                      Fitness Camp 11 am                      Busy Fingers 1 pm                      Cribbage 1 pm                      Gentle Yoga 1:30 pm                      Fitness Camp 1:30 pm                      Alzheimer's Sup. 6:30 pm</p>	<p><b>6</b></p> <p>Billiard Players 8:30am                      Basic Zumba 9 am                      Chair Movement 10 am                      Bone Builders 1 pm                      Hand &amp; Foot 1 pm                      Veterans Services 4 pm                      Circuit Training 5:30pm                      Bingo 6:45 pm</p>	<p><b>7</b></p> <p>Ping-Pong 9:45 am                      Lunch &amp; Learn 11 am</p>
<p><b>10</b></p> <p>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</p>	<p><b>11</b></p> <p>Basic Zumba 8:15 am                      Billiard Players 8:30 am                      Gentle Yoga 9 am                      Ask the Lawyer 9:30 am                      Chair Movement 10:15 am                      Upbeats Band 10:15 am                      Bone Builders 1 pm                      Scrabble 1 pm                      Ping Pong 4 pm                      Circuit Training 4:30pm                      Planning for Medicare 6 pm</p>	<p><b>12</b></p> <p>Bone Builders 9:30 am                      Reflexologist 9:30 am                      Fitness Camp 11 am                      Busy Fingers 1 pm                      Cribbage 1 pm                      Gentle Yoga 1:30 pm                      Fitness Camp 1:30 pm</p>	<p><b>13</b></p> <p>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 &amp; Foot 1 pm                      Circuit Training 5:30pm                      Bingo 6:45 pm</p>	<p><b>14</b></p> <p><b>CAMERON CLOSSES AT NOON</b></p> <p>Fitness Class 8:15 am                      Ping Pong 9:45 am</p> <p><b>Summer Party at Kimball Farm 12 noon to 4 pm</b></p>
<p><b>17</b></p> <p>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</p>	<p><b>18</b></p> <p>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                      Ping Pong 4 pm                      Circuit Training 4:30pm                      Book Club 6 pm</p>	<p><b>19</b></p> <p>Bone Builders 9:30 am                      Travel Program 10 am                      Fitness Camp 11 am                      Busy Fingers 1 pm                      Cribbage 1 pm                      Gentle Yoga 1:30 pm                      Fitness Camp 1:30 pm</p>	<p><b>20</b></p> <p>Veterans Services 8 am                      Billiard Players 8:30 am                      Basic Zumba 9 am                      Chair Movement 10 am                      Bone Builders 1 pm                      Hand &amp; Foot 1 pm                      Movie 4:30 pm                      Circuit Training 5:30pm                      Bingo 6:45 pm</p>	<p><b>21</b></p> <p>Fitness Class 8:15 am                      Ping-Pong 9:45 am                      Farm to Table 12:30 pm</p>
<p><b>24</b></p> <p>Bone Builders 9:30 am                      Quilting Club 9:30 am                      Art/Open Studio 12 noon                      Busy Fingers 1 pm                      Bingo 1 pm                      Ping Pong 1:45 pm</p>	<p><b>25</b></p> <p>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                      Ping Pong 4 pm                      Circuit Training 4:30pm                      Sandwich Generation 6 pm</p>	<p><b>26</b></p> <p>Bone Builders 9:30 am                      Fitness Camp 11 am                      Busy Fingers 1 pm                      Cribbage 1 pm                      Gentle Yoga 1:30 pm                      Fitness Camp 1:30 pm</p>	<p><b>27</b></p> <p>Veterans Services 8 am                      Billiard Players 8:30am                      Chair Movement 10 am                      Birthday Lunch 12:30pm                      Bone Builders 1 pm                      Hand &amp; Foot 1 pm                      Circuit Training 5:30pm                      Bingo 6:45 pm</p>	<p><b>28</b></p> <p>Fitness Class 8:15 am                      Ping-Pong 9:45 am</p>
<p><b>31</b></p> <p>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</p>				 <p><b>2017</b></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>2017</b>	<b>1</b> TREAD APPLICATION DUE	<b>2</b>	<b>3</b>	<b>4</b>
	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 Ping Pong 4 pm Kiwanis Cookout 5:30pm	Bone Builders 9:30 am Fitness Camp 11 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Hand & Foot 12:30pm Bone Builders 1 pm Veterans Services 4 pm Bingo 7 pm	Fitness Class 8:15 am Ping-Pong 9:45 am
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Podiatry 9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Basic Zumba 8:15 am Billiard Players 8:30 am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm	Bone Builders 9:30 am Reflexologist 9:30 am Fitness Camp 11 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm Alzheimer's Sup. 6:30 pm	Veterans Services 8 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am Hand & Foot 12:30 pm Bone Builders 1 pm Bingo 7 pm	Fitness Class 8:15 am Ping-Pong 9:45 am Lunch/Learn 12:15 pm
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
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'Al Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Book Club 6 pm	Bone Builders 9:30 am Travel Program 10 am Fitness Camp 11 am Rep. Arciero Cookout 11:30am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Veterans Lunch 12:30 pm Hand & Foot 12:30 pm Bone Builders 1 pm Movie 4:30 pm Bingo 7 pm	Fitness Class 8:15 am Ping-Pong 9:45 am Farm to Table 12:30 pm
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm	Bone Builders 9:30 am Fitness Camp 11 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Hand & Foot 12:30 pm Bone Builders 1 pm Bingo 7 pm	Ping-Pong 9:45 am
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'Al Chi 1 pm Busy Fingers 1 pm Bingo 1 pm Ping Pong 1:45 pm	Basic Zumba 8:15 am Billiard Players 8:30am Gentle Yoga 9 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm Ping Pong 4 pm Sandwich Generation 6 pm	Bone Builders 9:30 am Fitness Camp 11 am Busy Fingers 1 pm Cribbage 1 pm Gentle Yoga 1:30 pm Fitness Camp 1:30 pm	Veterans Services 8 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Birthday Lunch 12:30 pm Hand & Foot 12:30pm Bone Builders 1 pm Bingo 7 pm	



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**Thursday, May 25th**

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6:00 p.m. - 8:00 p.m.

**Registration (800) 370-5010**

\*This seminar has drawn capacity crowds. Prompt registration recommended.

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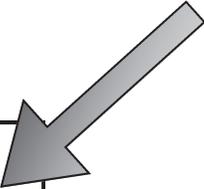
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#### Tuesday, August 8, “Foxwoods/Mohegan”

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 sign up.

#### Tuesday, July 25 at 9:30am – Lake Winnepesaukee Cruise

Sailing from Weirs Beach, you'll delight in the beautiful vistas of the White Mountains from the decks of the 230-foot M/S Mount Washington as you cruise the famous Lake. Includes a buffet lunch. Tour cost is \$82.00 p/p including driver gratuity. Sign up at 978 692 5523. Leaving from the Franco at 9 A.M.

#### Wednesday, August 23- Pilgrim Belle Plymouth Getaway Tour

Fox Tours heads to Plymouth, MA on arrival, you will take a sightseeing tour then you will enjoy a full course luncheon at the Hearth & Kettle Restaurant. Next-up enjoy a 75 minutes sightseeing Harbor Cruise on the Pilgrim Belle, a true paddle wheeler where your Captain will point out many sights of interest, including two lighthouses and Plymouth's spectacular beaches. The all inclusive cost (includes driver gratuity) is \$81 p/p. Your entrée choice is Broiled Cape Scrod, Plymouth's Best Fish & Chips, or Cranberry Chicken. Departure time from Franco TBD. Sign up at 978-692-5523.

#### Wednesday, September 27 – “Evita”

Fox Tours begins your day with a delicious, full course luncheon at the Danversport Yacht Club. Then you'll travel to the North Shore Music Theater for one of Broadway's classic Musicals, "Evita". Your cost is \$111 p/p including driver gratuity. Your entrée choice is Baked Scrod or Baked Chicken. Departure time from the Franco is 10 AM with arrival back home around 6 PM. Sign up at 978-692-5523.

#### SAVE THE DATES FOR:

**Tuesday, October 24** ~ The Norman Rockwell Museum and  
The Red Lion Inn - \$94.

**Wednesday, November 8** ~ Patriot Place Getaway - \$84

**More Details to come in the next Newsletter.**