

WESTFORD COUNCIL ON AGING NEWSLETTER SEPTEMBER 2018

**Don't Forget
Town Meeting
Mon, Oct. 15
7pm
Abbot School**

20 Pleasant St., Westford, MA

978 - 692 - 5523

www.westfordma.gov/coa

Hours : Monday – Friday 8a.m. – 4p.m. Evening Hours: Tuesdays & Thursdays 4p.m.– 8p.m.

MISSION STATEMENT: The Council on Aging promotes physical, emotional, economic well-being of aging adults and their engagement in all realms of community life.

MONET ART WORKSHOP – 10/2 & 10/4, 5:30-7:30 pm

Join popular art instructor Priti for a two-part workshop and learn to paint like the famous Monet. She will teach technique and tips in this fun, relaxed setting. The two-night workshop is \$18. Be sure to sign up quick so you get a spot in the class. 978-692-5523.

CHINESE MOON FESTIVAL

9/24, 7:00-9:00 p.m at Tadmuck Housing

Join us for an international, fun evening celebrating the autumn and moon. The Mid-Autumn Festival is the second grandest festival in China. The day is also known as the Moon Festival, as at that time of the year the moon is at its roundest and brightest. To express their thanks to the moon and celebrate the harvest, they offered a sacrifice to the moon on autumn days. On the festival day, family members gather to offer sacrifice to the moon, appreciate the bright full moon, eat moon cakes, and express strong yearnings toward family members and friends who live afar. Deadline to sign

COMMUNITY TEAMWORK SERIES All Welcome!

Come learn about Community Teamwork (also referred to as CTI), a non-profit community action agency which provides a wide range of programs, social services and advocacy to assist low income residents of Westford and surrounding towns. Representatives of their Resource Center, financial literacy and housing programs will be here at the Cameron to meet with interested residents monthly on the following dates:
Thursday September 20th 9:30-11:30 AM
Wednesday October 17th 5:30-7:30 PM
Friday November 2nd 9-11AM

HOLIDAY BASKETS

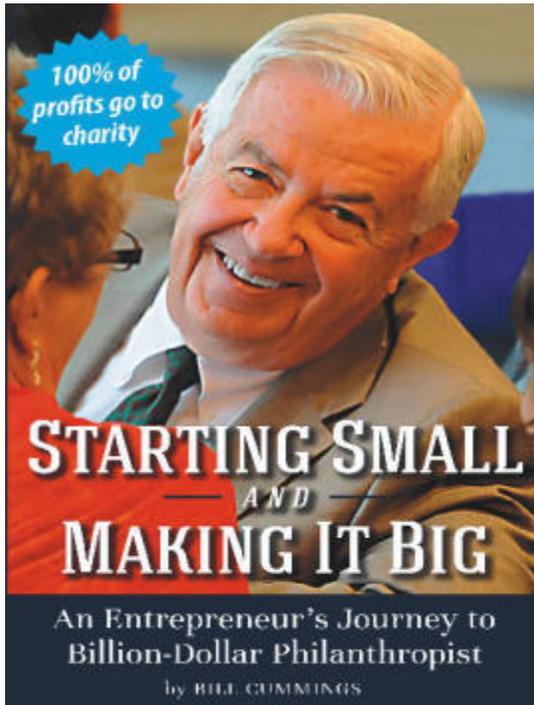
The Cameron Senior Center will be partnering with SVdP Society of St. Catherine's Church and the Westford Food Pantry for the Westford Holiday Basket Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal, and are facing a financial hardship. If you are interested in donating to the program, please contact Katie Russell at 978-399-2330. If you need food assistance for a Thanksgiving or Christmas meal, please call Alison Christopher, LICSW at 978-399-2325 to request a simple application.

Please note: The deadline for applications to be submitted is October 19th for both holidays.

HOME SHARING

We hear from many seniors who are struggling to afford their property taxes, mortgage payments, and household expenses. We also hear from seniors who are looking for a rental situation they can afford in Westford. Perhaps a homeowner wants to remain in their home and can't afford the help they need to do so. Would a roommate/helper who performs household tasks in exchange for a room solve two problems? Perhaps two roommates sharing the costs of household bills would help with financial issues and social needs. We have a new space on the welcome area bulletin board for interested parties to post ads to each other. COA/Senior Center staff will not be endorsing any of these housing options or doing background checks on individuals, so participants should do thorough reviews/reference checks of home options and potential roommates. If you need more information about home sharing or housing options, see Alison or Annette.

A MUST NOT MISS EVENT ...



Men and Women's Breakfast: Meet the Author featuring Bill Cummings and his recent new memoir, "Starting Small and Making It Big: An Entrepreneur's Journey to Billion-Dollar Philanthropist." This fabulous event will be held at **First Parish Church United on Wed. October 10th at 8:30 AM.** The breakfast will be catered, and Cameron participants will be given a complimentary book thanks to the Westford Community Fund, a component of the Greater Lowell Community Foundation and the generosity of the Cummings Foundation. However, we must ask those who wish to attend to **please read the book prior to this event since Mr. Cummings enjoys having questions from the audience.** There will be a \$5 cost for this breakfast and we only have fifty seats available with complimentary books unless you purchase a ticket since this event will be open to the community. We are so excited to help sponsor this event with the **Westford Business Association and Rotary Club.** This will be an enriching experience so sign up quickly. We also will be providing a van shuttle from the Cameron if you would prefer to park your car at the center. The shuttle will start at 7AM please arrange your shuttle needs when you register for this Meet the Author Event.

FRIENDS CORNER

FALL FASHION SHOW 'n LUNCH!

Thursday, Sept. 13, at 12:30 p.m.

Come for lunch, watch elegant models strut their stuff, and get a front row view of new fall fashions, jewelry and accessories – all from Trudy's Boutique! You won't want to miss this event!! Lunch...raffles...more! Cost: \$5. **RSVP** to 978-692-5523 by Monday, Sept. 10. Volunteers needed (models, dressers/assistants, decorations, set-up, clean-up)!

APPLIANCES & MORE SALE!

Oct. 1-5, Daily: 9 am – 3 pm, Tu/Th: open till 8 pm

Need a replacement iron, coffeemaker or office shredder? How about a throw rug, blanket or snuggie? This year's week-long "Appliances & More" sale features a wide selection of new and used appliances, kitchen gadgets and cookware, lamps of all sorts, household linens and more! Come shop ~ we have a great selection of things for the home! 2nd Floor, next door to Trudy's.

HELP NEEDED FOR SET-UP, FRIDAY, SEPT. 28 AND CLEAN-UP, FRIDAY, OCT. 5.

CALLING ARTISTS & CRAFTERS!

Come unleash your creativity! We'd welcome original handmade or handcrafted items to sell at the Friends' tables at Nashoba Tech's Fall Craft Fair or Westford Academy's Holiday Bazaar. We have glassware, fabrics, yarns, and more for crafters and artisans to use...just ask. Do what you love, teach others, and help us raise funds for new programs at the Cameron!

Trudy's Boutique THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

DONATIONS ALWAYS APPRECIATED!

55+ EARLY EVENING PROGRAMS**BINGO/HOT DOG/BURGER NIGHT 9/6 at 5:30 pm**

The first Thursday of every month join us for dinner before bingo. A hot dog, chips, drink and dessert is only \$2.00. A hamburger, chips, drink and dessert is \$3.00 and it is \$4 for a hotdog and a burger combo, chips, drink and dessert. Sign up and payment in advance is required at 978-692-5523.

BOOK CLUB – 9/18 at 6:00 pm – Local Author Joins Us!

Join us for thought provoking discussions. Tues. 9/18 we will be reviewing Blood of the Tribe by local author, David Brody. A mystery about legal battles between Native American Tribes and the government. Please call to sign up at 978-692-5523 and see Annette for a book.

CIRCUIT TRAINING - Starting Tues. 9/11

Sign up now for an 8 week circuit training class in our fitness room on Tuesdays 4:30-5:30 p.m. With the help of an instructor, 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 is \$40. Please call 978-692-5523 to sign up.

CAMERON MOVIE NIGHT – 9/20, 4:30 pm

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie and light meal are offered for \$3.00. For September we will be watching the hilarious movie, Mama Mia, starring Meryl Streep, Pierce Brosnan and others. Please call to sign up at 978-692-5523 3 days prior to movie.

HOMESTEAD ACT Seminar, 9/11, 6:00 pm

Join us for this class about the Homestead Act. Recording a Declaration of Homestead at the Registry of Deeds protects your home from creditors. Register of Deeds, Richard P. Howe Jr., will explain how this valuable law works and will have blank Homestead forms for anyone who wishes to file one (the recording fee is \$35, cash or check). Attorney Howe will also discuss and answer questions about common real estate issues such as trusts, joint ownership, mortgages and probate. Please register at 978-692-5523.

PARKINSONS DISEASE & WELLNESS LECTURE, 9/25, 6:00 pm

Dr. Zhu from Lowell General Hospital will be joining us to discuss life with Parkinson's disease, treatments, research etc. Please call to sign up 978-692-5523.

ROAD TRIP TO O'NEILS MOVIE THEATER – 9/25

We are trying to coordinate a van trip to O'Neil's Movie Theater in Littleton. If you would be interested in going to a midday movie between 4:00-5:00 then please sign up at the front desk no later than Friday 9/14! At this time we do not know what will be playing or the time. Because it's SUPER TUESDAY, the movie is only \$7.00 and a large popcorn and drink is \$5.00. If this is well received we may do it monthly. Call 978-692-5523.

THRIVE7 WELLNESS PROGRAM RETURNS! starts Sept. 11th, 6:00 pm

Founder Susanne Duato from Thrive Health & Wellness Inc. is returning by popular demand to offer her 7 week nutrition and wellness program to members of the community. Susanne is a Certified integrated nutrition health coach and personal trainer with over 20 years' experience working with individuals seeking to learn and implement ways to live a healthier life.

The nutritional focus of this program will help you understand the complex and powerful ways that food impacts your overall health, including the management and prevention of chronic disease such as diabetes and heart disease. However, to achieve optimal health and wellness this program will seek to broaden your definition of "healthy" beyond the food on your plate to include ways of nourishing your mind and spirit.

The program includes weekly themed presentations, course materials and lively group discussion along with private checkin calls with the instructor. The cost of the entire 7 week program is \$30. Past participants have described this program as enlightening, supportive and practical. Please treat yourself to this wonderful opportunity by signing up at 978-692-5523. Class will be limited to the first 15 sign ups.

TRIVIA NIGHT – 10/30, 5:30-7:30 PM

Save the date for a fun night of trivia, prizes and laughter at the Cameron. More details to follow in the Oct. newsletter. Sign up at the desk or 978-692-5523.

MASSHEALTH (MEDICAID) PRESENTATION 10/23, 6:00 pm

Save the date for this informative session offered by the local law office of Karen Johnson. Come learn how you can protect your assets. More details to follow. Sign up at 978-692-5523.

DINING OPTIONS

**ALL LUNCHESES CAN BE MODIFIED BASED ON DIETARY NEEDS
PLEASE NOTIFY THE FRONT DESK AT REGISTRATION.**

WEDNESDAY LUNCH

Lunch will be served at 12 p.m. **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!)**

Cost is \$3.

September Lunches

Wednesday, September 5 Baked Chicken

Wednesday, September 12 Salad Bar

Wednesday, September 19 Grilled Cheese

Wednesday, September 26 Pizza

LUNCH AND LEARN

Friday, September 14 at 12:15 p.m.

Protecting your home. Are you worried about what happens to your home if you need Medicaid to pay for your care? Are you confused by all the advice, friends, family and neighbors are giving you? Irrevocable Trusts, Revocable Trusts, Life Estate Deeds, do you know when to use each of them and how the work? If not, then come listen to the attorneys at Madge & Johnson, PC explain the ways to protect your home and learn what steps you need to take. Lunch will be sponsored by Benchmark Senior Living The Atrium at Drumhill. Please sign up at 978 692 5523.

RESTAURANT REVIEW ~ Dutch Treat!

Be sure to mark your calendars for our next outing on **Wed. Sept. 26th at 11:30 am at Town Tavern (once Valentino's), 142 Lowell Rd, Hudson NH.** 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.

BIRTHDAY CELEBRATION

Thursday, Sept. 27 at 12:30 p.m.

Come Celebrate the September Birthdays! Lunch is prepared by the students of the Elegant Chef restaurant at Nashoba Tech followed by cake and ice cream that will be sponsored by Sapphire Properties Please call in advance to register at 978-692-5523. Cost for Birthday celebrants is free and to guests the cost will be \$5.

Septembers Meal Choice is ~ Roast Pork

ELEGANT CHEF LUNCHEON

Monday, Sept. 10 at 11:30 a.m.

Enjoy this three-course meal prepared and served by the culinary art students from Nashoba Tech's Elegant Chef program. RSVP must be three business days notice at 978-692-5523. September menu selections: Baked Haddock or Stuffed Chicken. The cost is \$10.

HEALTH AND WELLNESS

WESTFORD HEARING CLINIC

Monday, September 10, at 9:30 a.m.

Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton and Dr. Julie Breault in Littleton, sponsored by the Westford Health Department. By appointment only. To book your 40-minute appointment call the Westford Health Department at 978-692-5509.

BLOOD PRESSURE & MORE

Tuesday, September 11 at 9 a.m.

Gail from the Westford Health Department will be at Cameron If you would like a health screening including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns please stop by.

MANICURES & PEDICURES

Wednesday, September 12 at 9:30 a.m.

Manicures \$15, Pedicure \$22, Gels \$25. Rebalancing \$21 and reflexology (acupressure) \$25 for 30 minutes and \$45 for an hour. To make an appointment call Veronica at 978-407-7658 or Email her at veronica@greatkneads.com.

PODIATRY CLINIC

Monday, October 22 at 9:30 a.m.

Cost is \$35. Advance appointments are necessary with Dr. Ayleen Gregorian. Call 978-692-5523.

MEN'S BREAKFAST

Tuesday September 11 at 8a.m.

Geoff Hall presenting the history of Nabnasset call to sign up at 978 692 5523 by Thursday Sept 6.

WOMAN'S BREAKFAST

Monday September 17 at 9a.m.

Scarf tying presentation is being sponsored by **Sapphire Properties**. Call to sign up at 978 692 5523

WATERCOLOR CLASS

Sept. 6 - October 11

Paula is back by popular demand now with another class! Join us for 6 weeks on Thursday mornings at 10am and Thursday afternoons at 1pm (Subject matter will be the same for the two classes) Cost for this class is \$50 for Westford Residents and \$60 for Non Westford Residents. Get your paint brushes ready! A basic knowledge of watercolor is required. Supply list is available at the front desk. Please register at 978 692 5523 asap because the

Fitness Classes

Room locations are subject to change *

Fitness class sign-ups (except for Bone Builders) will begin for Westford residents August 27th– 31st and non-Westford residents starting Sept. 4th. Please remember there will be a \$5 cost per class for non-Westford residents registering for eight-week class sessions. However, there will be a couple of classes that will run for twelve—week sessions per the instructor's availability. If you should be placed on the wait list please know that we will follow first come first served.

AEROBICS— Sign up at 978-692-5523

8 Week Sessions

Wednesdays at 9:30 a.m. in the Multipurpose Room Sept. 19—Oct. 31

Fridays at 8:30 a.m. in the Card Room Sept. 21– Oct.26

Aerobics Wednesdays for 8 weeks for Non- Westford Residents \$40

Aerobics Fridays for 8 weeks for Non- Westford Residents \$40

BONE BUILDERS - Pick up application at the front desk

Mondays at 9:30 a.m. in the Card Room

Wednesdays at 9:30 a.m. in the Card Room

Tuesdays at 1p.m. in the Card Room

Thursdays at 1 p.m. in the Card Room

CHAIR MOVEMENT - Sign up at 978-692-5523

8 Week Sessions

Tuesdays at 10:15 a.m. in the Multipurpose Room Sept. 11– Oct. 30

Thursdays at 10a.m. in the Multipurpose Room Sept.6—Oct. 25

Chair Movement Tuesdays for 8 weeks for Non- Westford Residents \$40

Chair Movement Thursdays for 8 weeks for Non- Westford Residents \$40

CIRCUIT TRAINING - Sign up at 978-692-5523

8 Week Sessions

Tuesdays at 4:30 p.m. in the Fitness Room Sept.11-Oct.30

Circuit Training Tuesdays for 8 weeks for Non- Westford Residents \$50

Circuit Training Tuesdays for 8 weeks for Westford Residents \$40

FITNESS CAMP - Sign up at 978-692-5523

12 Week Sessions Aug. 15—Oct. 31

Wednesdays at 1:30 p.m. in the Multipurpose Room

Fitness Camp Wednesdays for 12 weeks for Non- Westford Residents \$60

GOLF- Sign up at 978-692-5523 Cost \$25 per session

Tuesdays at 8 a.m. till end of October weather permitted at Quail Ridge

354 Great Rd, Acton, MA 01720

PICKLE BALL—Weather Permitted on the Field at the Cameron

If you are a well seasoned pickle ball player and wish to be added to the email list

please contact krussell@westfordma.gov . Regular pickle ball times will be

Monday mornings at 10am and Friday afternoons at 12:30pm. To sign out the equipment on the weekend you must be a Westford resident, be on the email list, and sign it out in the book at the front desk and returned Monday morning at 9am.

All pickle ball players need to have a waiver signed in order to play. Any

questions or concerns please contact Katie at 978 399 2330 or at

krussell@westfordma.gov

PING PONG — Drop ins are welcome

Mondays at 1:45 p.m. in the Card Room

Tuesdays at 3:30 p.m. in the Card Room

Fridays at 9:45 a.m. in the Card Room

* Other rooms may be used if available*

T'AI CHI — Sign up at 978-692-5523

7 Week Sessions

Mondays at 1p.m. in the Card Room Sept.10 –Oct. 29

T'ai Chi Mondays for 7 weeks for Non- Westford Residents \$35

YOGA — Sign up at 978-692-5523

8 Week Sessions

Tuesdays at 9 a.m. in the Card Room Sept. 11—Oct. 30

Thursdays at 10:00 a.m. in the Card Room Sept. 6– Oct. 25

Yoga Tuesdays for 8 weeks for Non- Westford Residents \$40

Yoga Thursdays for 8 weeks for Non- Westford Residents \$40

ZUMBA – Sign up at 978-692-5523

8 Week Sessions

September 11th Class will be held at Millworks

Tuesdays at 8:15 a.m. in the Multipurpose Room Sept.11—Oct. 30

Thursdays at 9 a.m. in the Multipurpose Room Sept. 6– Oct. 25

Zumba Tuesdays for 8 weeks for Non- Westford Residents \$40

Zumba Thursdays for 8 weeks for Non- Westford Residents \$40

SUPPORT SERVICES

(NEW) PARENTS AND GRANDPARENTS

Do you have adult children or grandchildren of any age living with you? Are you struggling with supporting them and maintaining your own lifestyle? You are not alone! Many of our clients are experiencing this challenge. Come meet others who share your concerns, get helpful ideas, and support. If there is enough interest, Annette and Alison will start a monthly support group. **Wednesday September 19th at 10AM in the Library. RSVP to Alison at 978-399-2325.**

TECHNOLOGY HELP WITH VAMSI VETSA

Tech Help Appointments: Every Tuesday starting September 4th at 3:30 please sign-up We are glad to have Vamsi Vesta a WA student volunteer his time and expertise in providing one on one technology help. So, no more technology hesitations because Vamsi is enthusiastically here to help you. Appointments are available to prior sign-ups. Please call 978-692-5523 to sign up.

Help put Westford on the Map as Dementia Friendly

We are continuing work with **Senior Helpers** and the **Westford Health Department** to make the Town of Westford even more friendly for people living with dementia and their care partners. Our goal is to include all sectors of the Town-municipal, private businesses, religious organizations, etc. -and to help educate our citizens about how they can better support these valued members of our community. We are currently in the process of planning a website to provide information about the initiative and available resources. **Our next planning meeting is scheduled for September please call Alison for details 978-399-2325.**

COA TRANSPORTATION SERVICES FOR SENIORS 60+ AND THE DISABLED

Service towns are: Acton, Ayer, Carlisle, Chelmsford, Concord, Groton, Littleton, Lowell, and Westford. Please call Chuck to schedule your ride at 978-399-2322 We ask for a 48 hours notice prior to your appointment. Our first priority are rides to medical appointments, we will also take you to local errands and all Cameron Senior Center sponsored activities. **Don't forget we offer grocery shopping trips to Market Basket every Wednesday and other days as needed.** Donations are encouraged. **Don't forget to get your free 10th ride by getting the punch card signed.**

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.

SUPPORT GROUPS

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

ALZHEIMER'S & RELATED DEMENTIAS

CAREGIVER SUPPORT GROUPS

Wednesday, September 5 at 6:30 p.m. 1st Wednesday each month at 6:30 p.m. Cameron Senior Center. For information, call Sandy at 978-758-6072.

ASK THE OFFICER

Thursday, September 13 at 11 a.m. 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.

ASK THE REALTOR

Monday, September 10, at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523 for an appointment.

SHINE APPOINTMENT

Monday, September 10 at 12:30 p.m. For a private, confidential appointment, at the Cameron, to answer your health insurance or Medicare questions, call 978-692-5523.

ASK THE LAWYER

Tuesday, September 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 ESTATE PLANNING LAWYER – October 4th

David Walker, a frequent presenter at the Cameron, is offering individual, free 20 minute appointments quarterly. Please call 978-692-5523 to sign up.

MOBILE LIBRARY

Do you miss visiting the library? Do you lack transportation? Let Fletcher Library come to you! I can bring you books, movies, magazines and more. Please call Judy Madsen, Homebound Coordinator at 978-399-2301.



With the support of the Council on Aging Board BINGO is open to anyone age 18 and over who would like to join us on Mondays at 1PM and/or Thursdays at 7PM. Don't forget transportation is available for Westford residents please call 978-399-2322. (Please note that due to Elegant Chef lunch on Monday September 10th BINGO will begin at 1:30)

SOCIAL SERVICES

T.R.E.A.D.

T.R.E.A.D. -Applications are available at the Senior Center and were **DUE ON AUGUST 1st**. If you are having difficulty paying property taxes and missed the application deadline, please call Alison Christopher LICSW at 978-399-2325. 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 2018.

ELDER HOTLINE

Finding the answer to questions about issues can sometimes be confusing. The Attorney General's Office has a statewide, toll-free telephone hotline to assist individuals on a wide range of elder issues.

The number is 1-888-243-5337
(TTY: 617-727-4765)

Monday thru Friday 10:00 am– 4:00 pm

This elderly hotline provides a valuable service to Massachusetts' senior citizens, their families, and other information about elder-related issues and programs throughout the commonwealth.

Common concerns include:

- Debt and Debt Collection Practices.
- Home Improvement
- Long-term Care Insurance Telemarketing
- Health Insurance, Landlord and Tenant Issues
- Scam Awareness

The Massachusetts Senior Legal Helpline

800-342-5297 is a project of the Volunteer Lawyers Project of Boston. They provide free legal information and referral services to Massachusetts residents who are 60 or older. The Helpline is open Monday through Friday 9AM-12PM. The advocate will research your legal issue and provide you with information or referrals on most topics. They will also text, email or send you written material.

WHAT IS OUTREACH?

By: Annette, Outreach Coordinator

As your Outreach Worker it is my honor to serve you and assist in any way possible. A few examples include: If you are having trouble with paying your bills I can help you explore benefits you may be eligible for. If you have a home maintenance need I can help you find a handyman or community organization that may be able to assist. Please know we take your concerns and needs seriously and will do our best to find a solution. Please feel free to call Annette at 978-399-2326.

FALL YARD CLEANUP- SIGN UP BY FRI. Oct. 12th

With October around the corner it is time for us to start thinking about fall yard cleanups. *Due to growing numbers of seniors requesting the service and limited volunteer hours available, **we are asking that residents sign up only if they have no other means for yard work to be completed. Please also know that a request does not guarantee that your yard can be cleaned. We will do our best to solicit volunteers and to match volunteer groups with residents, but will be prioritizing seniors with a demonstrated need-financial, physical, etc.***

We apologize in advance if we cannot help every person who asks. Please call the front desk at 978-692-5523 for your name to be added to the requestor's list by **Friday, Friday Oct. 12th**. Please also note that many of the volunteer groups may not be able to get the work done until mid November. Any questions, feel free to contact Annette, your Outreach Worker 978-399-2326.

ORGANIC VEGETABLE DISTRIBUTION – GAINING GROUND

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce to all Westford residents that meet income guidelines. To participate one must sign an income attestation on the day of produce pick up. This distribution is held at the Westford Housing Authority at 65 Tadmuck rd in the Community Center. Because this program is so desirable people often arrive early so we will pass out numbers starting at 12:30. The freshly picked vegetables will be distributed at 1:00. Distribution will be every Thursday into the fall. Any questions call Annette at 978-399-2326.

*Income Guidelines are based on Fuel Assistance:

Household of 1 \$34,380, HH of 2 \$44,958, HH of 3 \$55,537, HH of 4 \$66,115.

FUEL ASSISTANCE (LIHEAP) APPLICATIONS

Fall means that it is time to think about winter heating assistance. If you are a previous LIHEAP recipient and receive a renewal application in the mail from CTI, complete it as soon as possible. Gross annual income limits for this season are 35,510 for 1 person and 46,437 for 2-person households. If you have struggled with heating costs and would like to apply for fuel assistance this year, Call Alison at 978-399-2325 or Annette at 978-399-2326 for an appointment. We can also help with renewal applications and questions about the program.

The Atrium

at Drum Hill

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Living Community
For Memory Impaired

978-934-0000

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978-589-9919

300 Baker Ave. Suite 210
Concord, MA 01742
978-369-1310

21 Worthen Road
Lexington, MA 02421
781-862-1620

281 Massachusetts Ave
Arlington, MA 0247
781-648-1620

This Space
is Available

Our Residents *are a lot of things*

- Involved
- Vibrant
- Interested
- Educated



Retired *isn't one of them.*

We are a community of seniors living with vibrancy, dignity, engagement and *fun*.

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Westford COA, Westford, MA

06-5200

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  HAPPY LABOR DAY!	4 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30	5 Aerobics 9:30 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Alz. Spt. Grp. 6:30 Train Club 7:00	6 Billiard Players 8:30 Zumba 9:00 Friends Bd. Mtg. 10:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Bingo/Hot Dog/Burger Night 5:30 BINGO 7:00	7 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Pickleball 12:30
10 Hearing Clinic 9:30 Crafters Club 9:30 Bone Builders 9:30 Pickleball 10:00 Ask the Realtor 10:00 Elegant Chef Lunch 11:30 Open Art Studio 12:00 SHINE 12:30 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:30 PING PONG 1:45	11 Men's Breakfast 8:00 Zumba 8:15 Billiard Players 8:30 Blood Pressure 9:00 Yoga 9:00 Ask the Lawyer 9:30 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Homestead Act Seminar 6:00 Thrive Wellness Program 6:00	12 Mani & Pedi 9:30 Aerobics 9:30 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 COA Bd. Mtg. 4:00 Train Club 7:00	13 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Ask the Officer 11:00 Fall Fashion Show 12:30 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 BINGO 7:00	14 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Lunch & Learn 12:15 Pickleball 12:30
17 Woman's Breakfast 9:00 Crafters Club 9:30 Bone Builders 9:30 Pickleball 10:00 Open Art Studio 12:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45	18 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 Book Club 6:00 Thrive Wellness Program 6:00	19 Aerobics 9:30 Bone Builders 9:30 Grandparents Spt. Group 10:00 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	20 Billiard Players 8:30 Zumba 9:00 CTI Series 9:30 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Cameron Movie Night 4:30 BINGO 7:00	21 Van Trip 8:30 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Pickleball 12:30
24 Crafters Club 9:30 Bone Builders 9:30 Pickleball 10:00 Open Art Studio 12:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45 Chinese Moon Festival 7:00	25 Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 Ping Pong 3:30 Tech help with Vamsi 3:30 Road trip to O'Neil's Theatre 4:00 Circuit training 4:30 Parkinson's Wellness Lecture 6:00 Thrive Wellness Program 6:00	26 Aerobics 9:30 Bone Builders 9:30 Restaurant Review 11:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	27 Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Birthday Lunch 12:30 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 BINGO 7:00	28 Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 Pickleball 12:30



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TRIPS

SEPTEMBER COA VAN TRIP:

September 21 at 8:30a.m.

Tour the State House and have lunch on your own at Faneuil Hall and the cost of the trip is \$10.00. Call 978 692 5523 to sign up seats are limited.

MGM ~ SPRINGFIELD

Join us for this exciting Casino trip as we head to the NEW MGM ~ Springfield Casino for our last Casino getaway this year!

We are planning to travel to Springfield on **Tuesday, October 16** and are **inviting all those ages 50 and over** to join us as we explore this new Massachusetts casino. We will **depart from the Franco-American Club at 7:30 AM. Please park at the rear of the lot.** The fee for this trip will be \$36 which includes driver gratuity and is due at sign-up. You will receive bonus slot play when you arrive at the casino. Please call 978.692.5523 to sign-up; invite a friend to join us on this trip.

If you would like more information on the following trips please contact Katie at 978 399 2330 or by email at krussell@westfordma.gov

STEVE MARTIN & MARTIN SHORT

September 2 Trip is Closed

HYDE PARK, WESTPOINT, HUDSON VALLEY & MORE

October 1&2 for \$309pp Double, 289pp Triple, \$379 Single

VERMONT FIT FOR A KING

October 24 for \$89 per person

HAIR SPRAY NORTH SHORE MUSIC THEATRE

November 7 for \$124 per person

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December 14 for \$104 per person



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Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information. Lynn can be reached at lynnmroderick@aol.com

Hours

Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers.

SEPTEMBER FOOD PANTRY HOURS:

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

BOARD MEETINGS

COA Board— Wednesday, September 12, at 4pm
Friends of Cameron – Thursday, September 6, at 10 a.m.

COUNCIL ON AGING STAFF

Jennifer Claro, Director of Elder Services
Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Claire France, Records Supervisor
Eugene Jungbluth, Lead Van Driver Admin
Charles Dutton, Lead Van Driver Dispatch
Christopher Mitchell, Maintenance
Katherine Russell, Senior Assistant
Edna MacNeil, Front Desk
John Wilson, Maintenance

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Robert Tierney, Vice Chair
Kathryn Wilson, Clerk
Helena Crocker
Patricia Holmes
Sandra Collins
Ret. Chief George Rogers
Veteran's Rep. Terry Stader

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