

# WESTFORD COUNCIL ON AGING NEWSLETTER DECEMBER 2018

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

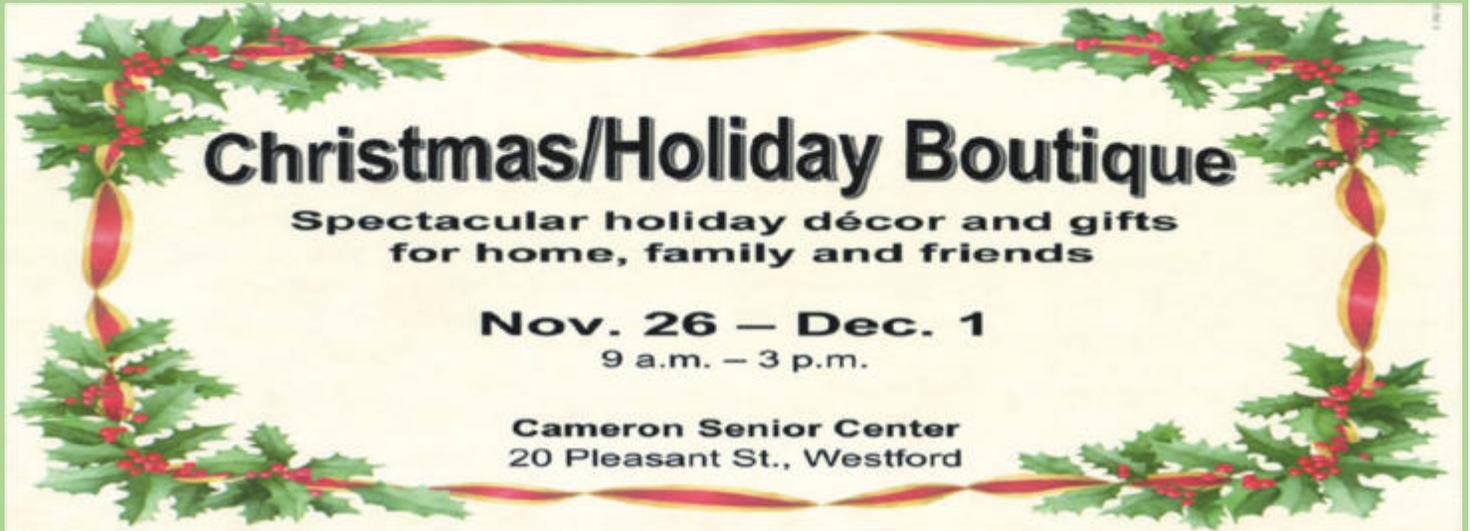
Hours : Monday – Friday 8a.m. – 4p.m. Evening Hours: Tuesdays & Thursdays 4p.m.– 8p.m.

20 Pleasant St., Westford, MA 978 - 692 - 5523 [www.westfordma.gov/coa](http://www.westfordma.gov/coa)



## INCLEMENT WEATHER POLICY:

Please remember that the Cameron follows the same inclement weather procedures as Town Hall. To find updated inclement weather information please go to <https://westfordma.gov> or simply call the center at 978-692-5523 after 6:30AM and receive current information on delay/closure.



**Christmas/Holiday Boutique**  
Spectacular holiday décor and gifts  
for home, family and friends

**Nov. 26 – Dec. 1**  
9 a.m. – 3 p.m.

**Cameron Senior Center**  
20 Pleasant St., Westford

## HOLIDAY BREAKFAST WITH OUR SELECTMEN AND TOWN MANAGER

Wednesday, December 5th at 8:30A.M.

This is no ordinary breakfast because it is made by the special hands of our Town's governing officials. Come enjoy a festive start to your day, a great spread of breakfast fixings and wonderful Cameron company. We hope you can join us and please RSVP to 978-692-5523

## WESTFORD ACADEMY WELCOMES THE CAMERON SENIOR CENTER

On Wednesday, December 12, faculty and students from the Fine and Performing Arts Dept. will host a winter concert and lunch for members of the Cameron Senior Center. Seniors are welcome to join us from 10:30AM- 11:30 AM for some wonderful music and a tasty lunch. Lunch will be soup, sandwiches, cookies, coffee, and water and will be served at 11:45AM. please RSVP to 978-692-5523

## WE NEED YOUR HELP WITH OUR FESTIVAL OF TREE ENTRY

This year's theme for our tree entry is Many Cultures One Westford. We need ornaments that reflect the many varying cultural influences that make up Westford. If you have any decorations that could help support our theme and you don't want them back please drop off at the registrar desk by Dec. 3<sup>rd</sup>. Thank you very much!



## USBORNE BOOKS CHILDREN'S BOOK SALE!

December 5<sup>th</sup>, 8:30am – 11am

Natallia Lyman, from **Usborne Books and More**, will be at the Cameron Senior Center with fun and educational books that will make wonderful holiday gifts for the children in your life! Books will be available to purchase at the Book Sale and in advance via order forms at the Cameron Senior Center. Cash, check or credit card accepted. Contact Natallia at 978-808-1966 or [natallia@spacehedgehog.com](mailto:natallia@spacehedgehog.com) with any questions!



### Director's Message :

Dear All,

I just want to wish you all a fulfilling and merry holiday. With the festive and/or quiet days ahead perhaps do something out of the ordinary, smile and let someone go ahead of you in line, share some homemade fixings with a friend or next-door neighbor unexpectedly and **appreciate your goodness.**

Since we are on the topic of goodness I want to thank my fellow Cameron colleagues for inspiring me to work harder and being in the trenches when more work needed to be done. I feel very fortunate to work with such a great team from **our dedicated and spirited transportation dispatching and drivers, quiet and hard-working building maintenance personnel and our aspirant administrative and social service personnel.** As you know our staff is very dedicated to making the Cameron just the right place for you. I am fortunate to be here in Westford and I look forward to a new year together. Keep sharing your suggestions and wonderful energy which contributes greatly to our Cameron community. All the best,

Jennifer

**A Great Success !**



1st Annual Veteran and Spouse Appreciation breakfast at the Viillage Restaurant- "Great food and time," states Veteran Robert Tierney. **Pictured are our sponsors which include the:** American Legion Post 159 Commander Bill Vullo, Katie Russell, Cameron Senior Asst., Terry Stader, COA Board Member, Ryan Cobleigh, Westford Veteran Agent, Maria Crocker, Manager of Forge Village Restaurant and chef and Cummings Foundation. "We look forward to next year's time together," states Bill Vullo.



New additions to our Cameron staff include Robert Rafferty, a Westford resident who works as our evening supervisor each Tuesday and Thursday night. Don't be surprised if you hear a warm and welcoming voice as you come into the center or are greeted with Bob's warm smile.

Martha Brockway joins us after recently retiring from a thirty-nine-year career with the Social Security Administration. She will be working as our new Volunteer Coordinator and work alongside our Record Supervisor. You will most likely find Martha at the registrar desk on Tuesday AM, Wednesday and on Friday. Please try and introduce yourself to Bob and Martha the next time you're at the Cameron.

Lastly, you may be wondering why these new changes, and this is due to some job restructuring to ensure our Cameron staff are supported in the most productive and supportive manner as our center life continues to evolve and grow.

### Coldwell Banker Residential Brokerage-Westford gives substantial donation for fuel assistance



We are very fortunate to have Coldwell Banker provide over \$1800 to help ensure our older adults and families in crisis are warm and have their basic utility needs met.

Pictured L-R (back row) Rachel Kiley, Marie Doctor, Maura Fitzgerald Paige Finnegan, (front row) Kathy Cunningham, Jennifer Claro COA director, Leslie Thomas, Janet Morano and Cheryl Major.

### 2018 Income Tax Help

**Hal Schreiber, our volunteer tax expert**, will be back this year to complete your 2018 federal and state income tax returns. Due to the large number of tax returns being prepared at the Senior Center, Dick Severyn will also be back to assist Hal. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms with you.

#### **What to bring with you:**

- Your 2017 federal and state tax returns
- Form MA 1099-HC. It is very important to bring this form since the insurance company's name, tax identification number, and your subscriber number has been entered on your Massachusetts tax return.
- Form 1095-A, Form 1095-B, Form 1095-C (they pertain to health insurance). If you received any of these forms, it is very important to bring them with you.
- W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc
- The amount and date of any federal and state estimated tax payments you made for 2018.
- If you pay rent for your main residence, bring the amount you paid in 2018 (some or all is deductible on your Massachusetts tax return).
- All property tax bills you paid in calendar year 2018 for property not located in Westford.
- If you or your spouse is age 65 or older and your main residence is not located in Westford - all water/sewer bills you paid in calendar year 2018.
- Car, boat, personal property excise tax bills that you paid in 2018.
- If you sold any stock or bonds - the date you bought the stock or bond and the amount you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
- If you have any mutual funds - any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares - the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
- Medical and Dental expenses – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aides and eyeglasses. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately.
- Charitable contributions. - total your cash/check/credit card contributions (do not include any political contributions). For property contributions - the date of the contribution, estimated fair market value of the property, and the name and address of the charity receiving the property. If you donated a car, it is very important that you bring the paperwork/form you received from the charity.

### 2018 Circuit Breaker

The Circuit Breaker is a method for refunding some of the property taxes or some of the rent that you paid in calendar year 2018 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 (\$1,100 for 2018), 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 2018 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. However, you are not eligible for the refund if you rent a home from the Housing Authority, or from any other tax-exempt entity, or receive any federal or state subsidy. If you own the home, the home's assessed value, as of 1 Jan 2018, must be less than \$778,001.

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 2018 is less than \$88,001 (married filing a joint tax return); \$73,001 (filing a head of household tax return); and \$58,001 (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.



## DINING OPTIONS

**ALL LUNCHESS 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. **December Lunches**

Wednesday, December 5 Chicken Vegetable Soup

Wednesday, December 12 Spaghetti & Meatballs

Wednesday, December 19 Grilled Cheese & Tomato Soup

**Wednesday, December 26 No Lunch because of the holiday**

### LUNCH AND LEARN

**Friday, December 14th at 11:30 p.m.**

Holiday Concert performance from The Honors Choir at the Blanchard Middle School Call 978 692 5523 to sign up

### BRUNCH AND BEADS

Once again **Kathy Cunningham from Coldwell Banker** will be here with **Diana Baranowski Seremet from "Beadles"** bead shop for a fun event. Come and make a piece of Jewelry and enjoy some brunch refreshments with friends. December 18th at 10:30 am. \$5.00 for each piece of jewelry. Sign up at 978 692 5523.

### BIRTHDAY CELEBRATION

**Thursday, December 6th at 12:30 p.m.**

Come Celebrate the December 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.

**December Meal Choice is ~ Lasagna**

### ELEGANT CHEF LUNCHEON

**Monday, December 17 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. **December menu selections: Chicken Piccata or Salmon The cost is \$10.**

### RESTAURANT REVIEW ~ Dutch Treat!

We will not be gathering at a restaurant for lunch in December due to the holidays but are resuming in January. Be sure to mark your calendars for our next outing on **Wed. January 30th at 11:30 am at Yangtze River, 584 King St, (rte. 110) Littleton, MA ;** call 978-692-5523. When you arrive you can check in under "Westford Senior Center". Bon Appétit.

## HEALTH AND WELLNESS

### WESTFORD HEARING CLINIC

**Monday, December 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.

### MANICURES & PEDICURES

**Call to make an appointment**

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](mailto:veronica@greatkneads.com).

### PODIATRY CLINIC

**Tuesday, December 18 at 9:30 a.m.**

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

### BLOOD PRESSURE & MORE

Health screenings including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns. Available at Cameron Senior Center: **Tuesday: December 11 at 9 a.m. with the Westford Health Department.**

## TRIPS

### COA VAN TRIP

**Thursday, December 13th at 9:30am**

Shopping Day ! Pick either the Merrimack Outlets or the Pheasant Lane Mall to get your holiday shopping done. Cost for transportation \$10

**Help me plan Trips for the new year send me your ideas at [krussell@westford.ma.gov](mailto:krussell@westford.ma.gov) and don't miss the tour company presentations in January more information in the January February Newsletter.**





**55+ EARLY EVENING PROGRAMS:  
Open Tuesdays and Thursdays 4:00-8:00 PM**



**BINGO/HOT DOG/BURGER NIGHT 12/6 at 5:00 -6:15 PM**

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



**DOWNSIZING: Yikes! What is a Real Estate Transaction Like Today? 12/11 – 6:30 PM**

**Kathy Cunningham from Coldwell Banker** in

Westford will be here with other professionals involved in the transaction to tell you what you can expect from the offer to the closing. It will be demystified for you at this event on Dec. 11 at 6:30pm at the Cameron Center. Please sign up at 978-692-5523.

**CAMERON MOVIE NIGHT – 12/20, 4:30 PM**

On the 3<sup>rd</sup> Thursday of every month from 4:30 – 6:30 p.m. a movie and light meal are offered for \$3.00. This month we will be watching the comedy, *The Santa Clause*, starring Tim Allen. Please call to sign up at 978-692-5523 three days prior to the movie for food shopping.

**BOOK CLUB – 12/18 at 6:00 PM**

Join us in our cozy library for our monthly discussions. In December we will be reviewing *Skipping Christmas* by John Grisham. Imagine a year without Christmas. No crowded shops, no corny office parties, no fruitcakes, no unwanted presents. That's just what Luther and Nora Krank have in mind when they decide that, just this once, they'll skip the holiday altogether. A classic tale for modern times, *Skipping Christmas* offers a hilarious look at the chaos and frenzy that has become part of our holiday tradition. Please see Annette for a book.

**COMMON MYTHS ABOUT MEDICAID – 1/8, 6:00 PM**

Do you know the difference between Medicaid and Medicare? Do you know the basic rules of eligibility for Medicaid? There are many misconceptions and misunderstandings about the Medicaid Program. Before taking advice from friends, family, neighbors or the nursing home, find out the basics of the Medicaid program and why starting with an Elder Law Attorney is the best first step. Please sign up for this free presentation by **Madge & Johnson Law Office** at 978-692-5523.



**VESTIBULAR SYSTEM**

**Presentation and Information - 1/22, 5:00 PM**

Feeling Dizzy? Experiencing Vertigo?

**Jenna Enrico PT, DPT with Nashoba Nursing**

**Service & Hospice** present on the subject matter of the Vestibular System. Information will include what and where the Vestibular System is (anatomy and physiology), why it's important, possible problems that may occur (diagnoses), potential treatments and who to seek out for care and/or treatment. The presentation will also include why the Vestibular System isn't always to blame if you're dizzy. Please sign up for this free seminar by Wed. 1/16 at 978-692-5523. Light refreshments will be served.



**FAMILY MOVIE \*COCO\* - Jan. 22<sup>nd</sup>, 4:30 PM**

In an exciting partnership with

**Roudenbush Community Center** we are offering

an intergenerational opportunity for folks of all ages to enjoy an early evening out together. Come lift your spirits during these winter months to watch the family movie, *Coco*. Despite his family's baffling generations-old ban on music, Miguel dreams of becoming an accomplished musician like his idol, Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead following a mysterious chain of events. Light refreshments will be served. Please sign up by January 18<sup>th</sup> at 978-692-5523.



**PLANT-BASED 101 CLASS**

Join **Plant-Based Chef + Lifestyle Coach, Lauren D'Agostino**, for a fun, empowering, and delicious

Plant-Based 101 class and get your questions about plant-based living answered. You'll learn new ways to shop and prepare your meals, how to save time (and money!), and enjoy samples of easy dishes your whole family will love! RSVP at 978 692 5523

**Tuesday, January 29th 6pm-7:30pm**

**Tuesday, February 12th 6pm-7:30pm**

**Tuesday, February 26th 6pm-7:30pm**

All ages welcome, it's never too early or late to make simple changes for vibrant health!

## SUPPORT SERVICES

### Westford Special Needs Emergency Registry

**Residents with disabilities, chronic conditions and special healthcare needs:** Westford Health Department and Emergency Management maintains a registry for residents of all ages who live at home and have special developmental, mental health, sensory and mobility disabilities and other special healthcare needs. Residents of assisted living or nursing homes already have staff to assist responders. By participating in the registry, you permit the Emergency Management and Westford Health Department to share information with local and state emergency responders such as town police, and or fire departments. The registry allows first responders and emergency management officials to plan, prepare for, and respond to the needs of the community in an emergency though assistance cannot be guaranteed. **To be placed on this most critical need registry please pick up an application at the Cameron front desk or if you have more questions please reach out to our social work team members Alison Christopher and Annette Cerullo at 978-692-5523.**



### Medical Equipment Donations:

We will gladly accept donations that are in working condition and clean. We reserve the right to refuse donations if they do not meet this criteria. Walkers, transport chairs, wheelchairs, commodes, tub seats and canes may be donated. Any questions call Annette at 978-399-2326.

### 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.

### Technology Help with Vamsi Vetsa

**Appointments:** Every Tuesday 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.

### \* 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.

### ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

Wednesday, December 5th 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, December 13th 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, December 10th, at 10 a.m. Local real estate agent Kathy Cunningham of Coldwell Banker. Call: 978-692-5523 for an appointment.

### SHINE APPOINTMENT

Monday, December 3 at 12:30pm  
For a private, confidential appointment, at the Cameron, to answer your health Insurance or Medicare questions, call 978-692-5523.

### ASK THE LAWYER

Tuesday, December 18th 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.

### TAX RELIEF HELP— Ask Annette

Wednesday December 12th at 10:30am  
To help our senior homeowners be more aware of the real estate tax exemptions that you may be eligible for, we hold monthly 1:1 appointments. On the 3<sup>rd</sup> Wednesday of the month 30 min. appointments are available between 10:30 and 12:30. Call the front desk to sign up, 978-692-5523.

**ATTENTION:** When you receive your Social Security Benefit Letter with your monthly benefit amount for this year, please save it in a safe place. These letters are required for most financial assistance programs-SNAP, LIHEAP, property tax relief, etc.

### REAL ESTATE TAX EXEMPTIONS

There are several tax exemptions you may qualify for to help reduce your tax burden. From Nov. 1<sup>st</sup> until April 1<sup>st</sup> you may apply for these exemptions through the Assessor's Office and if you need assistance completing the applications Annette, the Outreach Coordinator can assist you. For more information contact Annette at 978-399-2326 or the Assessor's office at 978-692-5504.

### SAND BUCKETS

If you are in need of a free bucket of sand to be delivered to your home please call by Dec. 10<sup>th</sup> - 978-692-5523.

### SNOW REMOVAL

As the cooler weather approaches we all begin to think about preparing for the winter. Many folks ask if we know of people who can help with snow removal. Unfortunately, this is one of the hardest needs to find services for. There are several snow plow companies in the area and we create a list every year with their contact information however we do not endorse any one over another. Other options are to check with your church, the local classifieds and your neighbors. If you would like to discuss this further, please call Annette at 978-399-2326.

### Dementia Friendly Westford Committee

our group is open to anyone who is interested in helping the Town of Westford to be more friendly for people with dementia and their care partners. We will be continuing to work on our website content and discussing ways to engage the business community in town. RSVP to Alison at 978-399-2325 if you'd like to join or be added to our email list.

## Social Services News

### WHAT IS OUTREACH?

**By: Annette, Outreach Coordinator**

When the cold weather arrives, we want to be sure our seniors have the basic essentials like heat and lights. Please contact us in the Social Work/Outreach dept. if you or someone you know may be living in difficult conditions. Also, keep in mind that our center is backed up by a generator so if you lose power you may be able to come here to get warm, eat, take a shower and use the internet. We are available to help you so please don't hesitate to call Annette at 978-399-2326.

### 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.

**Don't Miss Out**

### COMMUNITY TEAMWORK MEETINGS- ALL WELCOME!

Community Teamwork Meetings- 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. A representative from their Resource Center will be here at the Cameron to meet with interested residents on

**Monday December 3<sup>rd</sup> from 1:30-3:30**

### 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.

### THANK YOU!

Sincere thanks to our Fall Cleanup Volunteers, many scout groups, church groups, local businesses RBNB & RedHat, and WA students. A very large thank you to the Gaining Ground program that gave us 26 weeks of fresh vegetables. Lastly, a big thank you to Ken Clough (also known as Elvis) for his dedication to a successful Trivia night. We are fortunate to have so many wonderful volunteers.

# The Atrium

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Lexington, MA 02421  
781-862-1620

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

## Nashoba Associated Boards of Health

30 Central Avenue, Ayer MA 01432

Community Nurse - Community Health

978-772-3335 ext. 340

Tamara Bedard, RN  
[tamarabedard@nashoba.org](mailto:tamarabedard@nashoba.org)



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# Our Residents *are a lot of things*

- Involved
- Vibrant
- Interested
- Educated



**Retired** *isn't one of them.*

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living with vibrancy, dignity,  
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and discover our activities,  
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available programs.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Quilting Club 9:30 Bone Builders 9:30 Open Art Studio 12:00 <b>SHINE—Open Enrollment 12:30</b> T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 <b>CTI Resource Mtg. 1:30</b> PING PONG 1:45	<b>4</b> 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	<b>5</b> <b>Usborne Book Sale 8:30</b> <b>Holiday Breakfast 8:30</b> Aerobics 9:15 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 <b>Alzheimer Support Group 6:30</b> Train Club 7:00	<b>6</b> Billiard Players 8:30 Zumba 9:00 <b>Friends Bd. Mtg. 10:00</b> Yoga 10:00 Chair Movement 10:00 <b>Birthday Lunch 12:30</b> Hand & Foot 12:30 Bone Builders 1:00 <b>Hot Dog/Burger Night 5:00</b> BINGO 7:00	<b>7</b> Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45
<b>10</b> Quilting Club 9:30 Bone Builders 9:30 <b>Hearing Clinic 9:30</b> <b>Ask The Realtor 10:00</b> Open Art Studio 12:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45	<b>11</b> Zumba 8:15 Billiard Players 8:30 <b>Blood Pressure 9:00</b> 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 <b>Downsizing 6:30</b>	<b>12</b> Aerobics 9:15 Bone Builders 9:30 <b>Tax Relief Help 10:30</b> <b>Concert at WA 10:30</b> Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 <b>COA Bd. Mtg. 4:00</b> Train Club 7:00	<b>13</b> <b>Veterans Breakfast 7:00</b> Billiard Players 8:30 Zumba 9:00 <b>COA VAN Trip 9:30</b> Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 <b>Ask the Officer 11:00</b> Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 BINGO 7:00	<b>14</b> Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 <b>Lunch &amp; Learn 11:30</b>
<b>17</b> Quilting Club 9:30 Bone Builders 9:30 <b>Elegant Chef Lunch 11:30</b> Open Art Studio 12:00 T'ai Chi 1:00 Busy Fingers 1:00 <b>BINGO 1:30</b> PING PONG 1:45	<b>18</b> Zumba 8:15 Billiard Players 8:30 Yoga 9:00 <b>Podiatry Clinic 9:30</b> <b>Ask the Lawyer 9:30</b> Watercolor Club 10:00 Upbeats Band 10:15 Chair Movement 10:15 Bone Builders 1:00 <b>CrossFit 1:00</b> Ping Pong 3:30 Tech help with Vamsi 3:30 Circuit Training 4:30 <b>Book Club 6:00</b>	<b>19</b> Aerobics 9:15 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00	<b>20</b> Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 <b>Movie Night 4:30</b> BINGO 7:00	<b>21</b> Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45
<b>24</b> Quilting Club 9:30 Closed at 12pm 	<b>25</b> 	<b>26</b> Aerobics 9:15 <b>Tax Relief Help 10:30</b> No Lunch Today Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 <b>Dementia Friends Training 4:00</b> Train Club 7:00	<b>27</b> Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand & Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 BINGO 7:00	<b>28</b> Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45
<b>31</b> Quilters Club 9:30 Closed at 12pm 				



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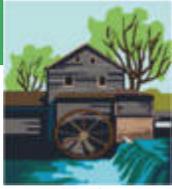
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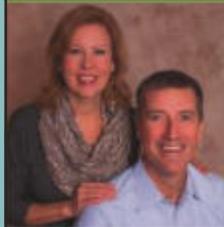


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### Westford Food Pantry

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

#### Hours

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

#### DECEMBER FOOD PANTRY HOURS:

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

### BOARD MEETINGS

**COA Board**— Wednesday, December 12th, at 4pm  
**Friends of Cameron** – Thursday, December 6th, 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, Transportation Admin.  
Charles Dutton, Transportation Dispatch  
Christopher Mitchell, Maintenance Supervisor  
Katherine Russell, Senior Assistant  
Martha Brockway, Senior Assistant  
Edna MacNeil, Front Desk  
John Wilson, Maintenance  
Robert Rafferty, Night Supervisor

### COUNCIL ON AGING BOARD MEMBERS

Nancy Cook, Chair  
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