

# WESTFORD COUNCIL ON AGING NEWSLETTER APRIL 2019

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)



The Westford Council on Aging is pleased to announce our annual Gay Nineties Celebration on **Tuesday, May 21<sup>st</sup> from 10:30 AM – 2:30 PM at the Franco American Club.**

In celebration of Older Americans Month, this event honors those Westford elders who are ninety years of age and older. The afternoon will include a catered lunch served around 11:30 AM with entertainment. **Advanced registration is necessary, at 978-692-5523 before May 10<sup>th</sup>.** If you were born in 1929 or earlier, please indicate your **birth year** when registering so you can be acknowledged. Our honored Westford guests age 90 and over are welcome to bring **two** guests; they will be seated at your table. **Both the honoree and their two guests attend free of charge.** The cost for all other guests will be \$17 if you are not a member of the Friends of Cameron and \$12 if you are a Friends member. Transportation is available.

## M.I.L.E.S. Meets the Cameron – 4/18, 2-4:00

Middlesex Institute for Lifelong Education for Seniors (M.I.L.E.S) is an active program for mature adults ages 55+. The instructors are from Middlesex Community College and the surrounding community. Class subjects include personal enrichment, academic arts, and cultural enrichment. The Cameron Senior Center is beginning to partner with MILES in hopes that their instructors will come here and that our residents can go there for continued learning opportunities. On 4/18<sup>th</sup> M.I.L.E.S. students will be coming here for a tour of the Cameron and to learn about genealogy. If you are interested in being a part of showcasing our center please see Annette or Katie.

## CAMERON SHREDDING DAY SPONSORED BY NORTHERN BANK - Friday, April 26th at 9 a.m. to 11 a.m.

First come first served- \$3 per box please register and provide estimate of pounds of papers you'll bring by calling 978-692-5523.

## WELCOME MICHAEL BANYAS – April 8th—May 21st

Please say Hello to Westford Academy senior student, Michael Banyas, as he completes his 5 week Capstone Internship here at the Cameron prior to graduation. We look forward to having Michael with us for his internship.



## 2ND ANNUAL WESTFORD SPRING FESTIVAL & CONTEST AT THE WESTFORD REGENCY INN AND CONFERENCE CENTER

April 5 – April 28, 2019



You are invited.....

The Westford Family FunFest and Westford Regency Inn & Conference Center invites you, your organization, schools, civic, business, community, church groups to decorate an artificial wreath or Gingerbread Creation (gingerbread, cardboard or other materials) or make a Fairy Garden/Gnome House for the 2nd Annual Westford Spring Festival. The Festival creations will be on display at the Westford Regency Inn and Conference Center from April 5 – April 28. We are fortunate to have *Pat Lavoie* who has volunteered to help make a wreath entry for the Cameron and if you would like to submit an entry on behalf of the Cameron please see Katie by April 2<sup>nd</sup>. All entries from the center will be entered the silent auction and proceeds will go to support the COA Gift account. Don't forget to go and vote at the Regency between April 5<sup>th</sup> and 28<sup>th</sup> for MOST Popular Vote because there is prize money so let's show our support for Cameron entries...

Other special event happenings :

- Gingerbread and egg decorating workshops for all ages

being held at the Roudenbush so visit and register at [www.roudenbush.org](http://www.roudenbush.org),

- Senior and Friends lunch and viewing of the festival TBD and fifty percent discount offered to first ten center registrants and don't be surprised if *Katie* happens to hop in and join you for lunch-RSVP at Cameron or call 978-692-5523.

- Breakfast with the Easter Bunny-(crafts, Easter Bunny photos, breakfast buffet or special order) Saturday, April 6<sup>th</sup> from 8-11:30 RSVP for Easter Bunny breakfast by calling the Regency at 978-692-8200 ext. 520.

## A message from our director:

### Volunteer Appreciation Luncheon and Apple Blossom Parade

Our staff is very excited to celebrate our many dedicated volunteers that help make our center such an active and caring place. Each week, you will find volunteers arriving by 8AM to ensure the fitness center monitoring post is filled, cleaning and readying the coffee station the Friends of the Cameron gladly sponsor for all to enjoy, faithful men and woman preparing our monthly Men and Women's breakfast or volunteers heading up the stair to open Trudy's Boutique, an important fundraising arm to the Cameron. Don't be surprised if you missed the volunteer darting to the kitchen to sort daily food donations from Whole Foods, Panera and Starbucks or our Wednesday grocery run volunteers jumping on the vans to assist shoppers on their grocery runs. If you happen to come to the center on Tues. and/or Fri. AM, you may hear music flowing through the Cameron as our volunteer UPBEAT Band or Cameron Music Makers practice for another upcoming community performance at various community event at no charge. I can't forget our BINGO Callers and helpers, COA and Friends Board Members, students from local Westford schools and so many more volunteers we can't wait to celebrate so join us on Wednesday, April 17<sup>th</sup> at noon. This luncheon is being sponsored by Whole Foods and our Executive Office of Elder Affairs formula grant. Speaking of volunteers how would you like to join us in showcasing YOU and what we are all about here at the Cameron in the 51<sup>st</sup> Apple Blossom Parade. We are excited to be participating in this community event and we could certainly use your help in the following ways: sign up to walk with us behind a NEW Cameron banner, join us for the pizza and poster party on April 26<sup>th</sup> at noon and/or donate candy to gently throw on the parade route. For more information see Martha or Annette.

Sincerely,

Jennifer

**PS- Please don't forget the application deadline for the Senior & Veterans Tax Work program is May 1st.**

### VOLUNTEER APPRECIATION LUNCHEON

**Wednesday, April 17th at 12:00 p.m.**

We are honored to celebrate Volunteer Appreciation week, from April 15 – 19. The Cameron wouldn't be nearly as successful without the generous gift of time so many of you give. From July 1 through March 8, 79 of you have worked over 6,500 hours! We are so grateful for your time, your good humor and your dedication. Please join us for a lunch in your honor on Wednesday, April 17. We will have music by our own Upbeats Band, and several different salads donated by Whole Foods. We hope to see you all there! Sign up at 978-692-5523.

### PARADE PIZZA POSTER PARTY!

**Friday, April 26th at 12:00 p.m.**

We know that the Cameron Senior Center is a SPECIAL part of the Westford Community and we want others to know it too! So, get your marching shoes ready to join us in the **Apple Blossom Parade on Saturday, May 18th**. Our hope is to organize a large group of seniors and staff to proudly carry a banner and posters in the parade. Come to this party to create your poster and brainstorm other ideas for this fun event. Any questions see Martha, or Annette. Sign up by calling 978-692-5523.

## Friends Corner

All Friends members are invited to attend the 2019 Annual Meeting of the Friends, Thursday, May 9, at 10 a.m., to help shape the future directions for the organization. We'll elect new board members and discuss plans for the coming year. We encourage everyone to come, ask questions, and share your input and views.

Any Friends member may run for office...why not you? Being on the board can be a fun and rewarding experience – you'll get in on the "inside track" and can really help make a difference! Or why not volunteer to be on a committee? We can use your talents, knowledge and skills! If you know anyone who'd be a good candidate – **including yourself** – leave your name and phone number at the front desk and someone will contact you.

### The Friends Need You!

## FRIENDS OF CAMERON SENIOR CENTER

### Annual Meeting

THURSDAY, MAY 9, 2019  
10 a.m.

COMPUTER ROOM

**ALL FRIENDS INVITED!**

### Trudy's Boutique

THRIFT SHOP

MONDAY – FRIDAY: 9 a.m. – 3 p.m.

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

APRIL THEMES

“RED HAT SOCIETY” FASHIONS

&

EASTER

**CLEAN, USABLE DONATIONS ALWAYS APPRECIATED!**

To our Trudy volunteers- Please call Barbara Upperman at 978-808-1386 if you can't make your shift so she can find someone to cover during needed time(s). Thank you for your help and dedication to the shop and our Cameron center.



\* Room locations are subject to change \*

You can sign up for all of these classes by calling 978-692-5523.

Please remember there will be a \$5 cost per class for non-Westford residents.

#### AEROBICS

For all exercise levels. This workout alternates standing, low impact choreographs with standing & strength exercise and it will elevate your heart rate. This eight week sessions will be starting the first week in May. Alison Hillman will continue teaching the Wednesday classes and Elaine's video will be used on Friday's until she returns.

**Instructor:** Elaine Corsetti

**Wed. at 9:15 a.m. in the multi-purpose room**

Cost \$40 for Non Westford residents

**Fri. at 8:30 a.m. in the card room**

More to come...

#### BONE BUILDERS

Classes are sponsored by Community Teamwork Inc. and are taught by their trained and dedicated instructors. This is an osteoporosis prevention and reversal program. Application must be filled out to participate and can be picked up at the front desk.

**Mon. & Wed. at 9:30 a.m. in the card room**

**Tues. & Thurs. at 1 p.m. in the card room**

#### CHAIR MOVEMENT

This class incorporates the use of a chair and helps build endurance & strength of the heart, muscles and concludes with stretching. This eight week session will be starting the first week in May.

**Tues. at 10:15 a.m. in the multi-purpose room with Jo Crawford**

Cost \$40 for Non-Westford residents

**Thurs. at 10 a.m. in the multi-purpose room with Carol Wing**

Cost \$40 for Non-Westford residents

#### CIRCUIT TRAINING

This class offers body conditioning and endurance training using various intensities. An exercise "circuit" is one completion of all prescribed exercises in the program. This eight week session will be starting again the first week in April. Exercise level: Intermediate to advanced.

**Instructor:** Allison Hillman.

**Tues. at 4:30 p.m. in the fitness room**

Cost \$40 for Westford residents

Cost \$50 for Non-Westford residents

**Thurs. at 3:30 p.m. in the fitness room**

Cost: \$40 for Westford residents

Cost: \$50 for Non-Westford residents

#### FITNESS CAMP

This class is to provide a whole body work-out that builds strength & endurance. The next twelve week session for this class will be starting on May 1st.

**Instructor:** Kim Vespucci

**Wed. at 1:30 p.m. in the multi-purpose room**

Cost:\$60 for Non-Westford residents

#### GOLF

**Tues. at 8 a.m. March—October**

Quail Ridge Golf Club (354 Great Rd. Acton).

Cost \$25 per session. RSVP- 978-692-5523.

#### 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](mailto:krussell@westfordma.gov). 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](mailto:krussell@westfordma.gov)

#### PING PONG — Drop-ins are welcome

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

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

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

\* Other rooms may be used if available\*

#### T'AI CHI

This is a low-impact moving meditation and includes standing, balance and alignment! This eight week session will be starting the first week in May.

**Instructor:** Leslie Thomas

**Mon. at 1 p.m. in the card room**

Cost \$40 for Non- Westford Residents

#### YOGA

This class helps you stay flexible & strong without putting stress on your muscles. Great mind—body relaxation. This eight week session will be starting the first week in May.

**Instructor:** Jo Crawford.

**Tues. at 9 a.m. in the card room**

Cost \$40 for Non-Westford residents

**Thurs. at 10 a.m. in the card room**

Cost \$40 for Non-Westford residents

#### ZUMBA

Awesome workout that involves dance aerobic movement and lively music.

This eight week session will be starting the first week of May. **\*Note: Zumba will take place at Millworks on Tuesday, April 9th. Millworks is located at 22**

**Town Farm Road, Westford Instructor:** Carol Wing.

**Tues. at 8:15 a.m. in the multi-purpose room**

Cost \$40 for Non-Westford residents

**Thursdays at 9 a.m. in the multi-purpose room**

Cost \$40 for Non-Westford residents

Thanks to the Friends of the Cameron Senior Center classes are free to Westford Residents unless noted.

## DINING OPTIONS

**ALL LUNCHEAS 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. **April lunches**

**Wednesday, April 3rd** Baked Stuffed Potatoes

**Wednesday, April 10th** Salad Bar

**Wednesday, April 17th** Volunteer Appreciation Lunch

**Wednesday, April 20th** Hot Dogs and Beans

### BIRTHDAY CELEBRATION

**Thursday, April 11th at 12:30 p.m.**

Come Celebrate the March 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 **Keller Williams**. Please call in advance to register at 978-692-5523. Cost is \$5 and birthday celebrants is free **March Meal Choice is ~ Lasagna**

### LAST ELEGANT CHEF LUNCHEON! ...for the school year.

**Monday, April 29th 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. Three business days notice please RSVP 978-692-5523. **April menu selections: Chicken Marsala or Baked Haddock. Cost: \$10.**

### RESTAURANT REVIEW ~ Dutch Treat!

Join others for lunch **on 4/24 at 11:30 a.m. at Comet's Diner, 22 Westford Rd., Tyngsboro.** When you arrive you can check in under "Westford Senior Center". Bon Appétit.

### MEN'S BREAKFAST

**Tuesday, April 9th 12 at 8 a.m.**

Ed Alessi will be presenting on The Origin or Things. Please sign up at 978-692-5523.

### WOMEN'S BREAKFAST

**Monday, April 8, at 9 a.m.**

Westford Floral Arts will be demonstrating simple fresh flower arrangements. Please sign up at 978-692-5523.

### LUNCH AND LEARN

**Friday, April 12th at 12:15 p.m.**

A colonial experience from Abigail by Gail the performance will be partially sponsored by Healy's Funeral Home and the lunch will be sponsored by Chelmsford Crossing. Cost will be \$5.00

### Northern Bank Lunch and Lecture

**Thursday, April 18, at 12 p.m.**

Come and learn about Equity Lines while enjoying lunch. Please sign up at 978-692-5523.

### Ekaru Lunch and Lecture

**Thursday, April 25, at 12 p.m.**

Come learn how to protect yourself by learning about cybersecurity. Please sign up at 978-692-5523.

## HEALTH AND WELLNESS

### HEARING SCREENING

**Monday, April 8th at 9:30 a.m.**

Dr. Megan Ford from HearSmart Audiology of Littleton and Dr. Julie Breault in Littleton, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the 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).

### WESTFORD HEALTH DEPARTMENT OFFERS:

#### BLOOD PRESSURE & MORE

**Tuesday, April 9th at 9 a.m. at the Cameron Senior Center**

Health screenings including: blood pressure reading, medication review, weight check and an opportunity to discuss other concerns.

### PODIATRY CLINIC

**Monday, April 29th at 9:30 a.m.**

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

### FALLON HEALTH INSURANCE QUESTION & ANSWER

**Thursday April 18th at 10am**

A Fallon Representative will be here to answer any questions you may have about their insurance and or Medicare.

Please sign up at 978-692- 552.



### Bridge New to C.S.C.

If you've been upstairs at the CSC on Thursday's, you've likely encountered the Bridge Group. The group was born over a year ago when Siulam Lee volunteered to teach a fellow ping-pong player the game of bridge. Gradually additional CSC bridge players joined the group. Thanks to the support of Katy and the CSC which purchased duplicate bridge supplies, there is now a weekly duplicate game. The game welcomes players of varying levels and follows relaxed rules. Since many of the players are still novices or just returning to bridge after many years, bidding meanings and advice are openly discussed at the table. While there is no lesson at these games, Siulam is an ACBL certified bridge director and he is available to answer questions. The games are held every Thursday from 3:30 to 5:30 in the card room.

### "What do I do With All this Stuff!"

Kathy Cunningham from Coldwell Banker will be here with Marie LeBlanc from Transitions Liquidations Services to help you with a plan to sell, donate or dispose of all those things you do not use and would not take with you if you moved. There will be a focus on paperwork reduction. Wednesday April 10th at 10am Sign up at 978-692-5523.

**55+ EARLY EVENING PROGRAMS:**

Open Tuesdays and Thursdays 4:00-8:00 p.m.

**BINGO/HOT DOG/BURGER NIGHT**

Thursday, April 4th at 5:00 p.m.

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. Simply pay at the front desk when you arrive. Bingo starts at 7:00.

**BOOK CLUB**

Tuesday, April 16th at 6:00 p.m.

Join us in our cozy library for our monthly discussions. We will be reviewing *The Blue Bistro*, by Elin Hilderbrand to help get us in the mood for summer! Please see Annette for a book.

**CAMERON MOVIE NIGHT**

Thursday, April 18th at 4:30 p.m.

Join us for the Academy & Oscar Award winning movie *La La Land*. An American romantic musical starring Ryan Gosling and Emma Stone. For \$3.00 you get a movie, popcorn, drink, light meal and dessert. Please call to sign up at 978-692-5523 three days prior to the movie for food shopping.

**INTRODUCTION TO REIKI**

Tuesday, April 9th at 4:00 p.m.

**Kathy Benson, LICSW** presents the benefits and basic techniques of Reiki. Reiki is a powerful, safe and effective healing technique that can be used for stress and pain reduction, relaxation, and promotes healing. Reiki is used in hospitals during illness, after injuries, and for pain management. Many people find Reiki to be enormously beneficial in their professional and personal lives including parents, caregivers and health care providers. If time permits, Reiki will be performed on those attending, that request the experience. **Nashoba Nursing Service & Hospice** offers this FREE program to our center. Please sign up by 4/5, 978-692-5523.

**The Aging Mastery Program® coming to Cameron**

Tuesdays, April 23rd—June 25th, 4:00 p.m.

The Aging Mastery Program® (AMP) offers community-based organizations a clear path to engage older adults and address the physical, financial, and emotional wellness of older adults. First piloted nationally in five senior centers, AMP incorporates evidence-based materials, expert speakers, group discussion, and peer support to give participants the skills and tools they need to achieve improvements in their health and economic security. This ten week program aims to empower older adults to make and maintain small, impactful changes to their behaviors to live a healthier, happier, and more secure life. Cost per person is \$30 for the materials and speaker series (actual value is \$60/person). Any questions please contact Annette, 978-399-2326. **Deadline to sign up by March 26<sup>th</sup> so that supplies may be ordered.**

**INTERGENERATIONAL PROGRAMS:  
CONNECTING PEOPLE OF DIFFERENT AGES****FAMILY MOVIE \*COCO\***

New date Tuesday, April 16th at 2:00 p.m.

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 this 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 April 11<sup>th</sup> at 978-692-5523.

**ACORN TO OAKS—MAKING A DIFFERENCE**

Monday, April 22nd at 9:30 a.m.

We are collaborating with the Roudenbush Frost School in a reading program once a month. I am looking for volunteers who would be willing to read children's books to the class rooms. If you are interested in volunteering please contact Katie at 978-399-2330 or at [krussell@westford.ma.gov](mailto:krussell@westford.ma.gov).

**PEN PALS:**

Later in April we will be starting a Pen Pal Program in collaboration with the Westford Rec. Dept. after school program. If you are interested in being a pen pal to a child for 6 weeks please sign up at 978-692-5523. If you have any questions please contact Katie at [krussell@westfordma.gov](mailto:krussell@westfordma.gov).

**LETS PLAY GAMES:**

Friday, April 26th at 2:30 p.m.

The Community Club at the Stonybrook Middle school will be coming once a month to play a variety of fun games. Call 978-692-5523.

**TECHNOLOGY HELP WITH VAMSI VETSA**

Appointments: Every Tuesday at 2:30 p.m.

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.

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

Ridership has increased and transportation schedules are getting tight. We would love to fill each and every one of your transportation needs. To give us a better chance of getting you where you want to go we ask that you be flexible in your schedules and call for a reservation at least 48 hours prior to your appointment. Odds will be much better if scheduled within that time frame.

With our first priority being rides to medical appointments, our transportation services will also take you to local errands, and each and every Cameron Senior Center sponsored activity.

Here are some additional transportation highlights:

\*Vans run Monday thru Friday 8:00 – 3:30

\* Bingo every Monday afternoon at 1:00 and every Thursday at 6:45

\* Monthly excursions to who knows where – more to come

\* Round trip suggested donations within Westford is \$3.00

\* Round trip suggested donations to Chelmsford, Acton, Groton, Littleton, and Carlisle is \$6.00

\* Round trip cost to Ayer, Concord, Lowell is \$8.00

\* 15 minute rule: We ask that you be ready 15 minutes before your scheduled pickup time and understand that we may pick you up 15 minutes after your pickup time.

\* Don't forget to get your free 10<sup>th</sup> ride punch card from driver

\* For same day appointment changes please call front desk at 978-692-5523

\* When leaving a message please be sure to leave **YOUR NAME, YOUR PHONE NUMBER, DATE, TIME AND LOCATION OF YOUR APPOINTMENT.** Please give Chuck a call at 978-399-2322 to get your seat on the van.

### HANDYMAN POLICY UPDATE:

Please know that due to the growing number of seniors we serve in Westford and the limited number of volunteer handymen available, we are instituting changes to our current program. We will reserve the right to limit each Westford household to one handyman request per quarter. Please prioritize your requests. We do our best to accommodate the job requests however we can not guarantee all requests will be met. Also, we do require all people seeking assistance to sign a liability waiver release form prior to the handyman doing the task. Our handymen are available to do small odd jobs that do not require permits, i.e. moving patio furniture, putting small portable air conditioners in the window, etc. For more information please contact our Outreach Worker, Annette at 978-399-2326.

### 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.

### 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](http://www.westfordma.gov/coa). Click on: Services/Programs and then click on: Support Groups.

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

#### **Wednesday, April 3rd 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.

### VETERANS SERVICES

#### **Thursday, April 11th at 11a.m.**

Meet with **Westford Veterans Agent, Ryan Cobleigh** at the Cameron.

For more information, call 978-392-1170 or

visit <http://westfordma.gov/veterans>

### ASK THE OFFICER

#### **Thursday, April 11th 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, April 8th, at 10 a.m.**

Local real estate agent **Kathy Cunningham of Coldwell Banker.**

Call: 978-692-5523 for an appointment.

### SHINE APPOINTMENT

#### **Monday, April 8th 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, April 9th 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 ANNETTE—THE TAX RELIEF PERSON

#### **Wednesday, April 17th at 10:30 a.m.**

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.

### 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.

**T.R.E.A.D.**

Applications will be available at the Senior Center in May this year and will be **DUE ON AUGUST 1<sup>st</sup>**. 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 will meet to determine awards in December 2019. If you have any questions about the program or need application assistance, call Alison Christopher, LICSW at 978-399-2325 or Annette Cerullo at 978-399-2326.

**SENIOR AND VETERANS TAX WORK**

Tax Work applications are available at the Cameron Senior Center. Please apply if you are interested in participating in this program to work in a Town department in exchange for \$1,500.00 (minus federally mandated deductions) reduction in your FY 2020 real estate tax bill. You must submit a NEW application if you are interested in being placed this year, even if you have participated in the past. We will be using a lottery for first time applicants and then repeat applicants. Applicants must be 60+ years old or a Veteran 18+ years old, and own and occupy the property for which Westford taxes are paid. **This year, those SENIORS with a signed medical exemption can assign a family member or friend to do the work for them. Only one member of a household is eligible. VETERANS can assign a proxy worker without medical exemption. Applications must be submitted to the Senior Center by May 1st.** The lottery will take place in May. If you have questions about the program or need a medical exemption form, please call Alison Christopher at 978-399-2325.

**RMV 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 or Annette at 978-399-2325 or 978-399-2326.

**WHAT IS OUTREACH?**

**By: Annette, Outreach Coordinator**

Part of Outreach is informing folks of resources that they may benefit from. Recently a protection ink roller stamp was shared with me. These stamps allow you to roll over important ID data i.e. social security numbers and birthdates keeping it confidential before discarding the documents. It's easier than shredding and very inexpensive. Protection rollers can be bought at Walmart or ordered on Amazon for approx.. \$9. Protect your identity. See Annette if you have any questions.

**ELECTRIC SUPPLY CO INFO – LOW RATES!**

Many residents have expressed that their electric bills are high. When Annette has reviewed the bills she has discovered that many folks opted out of the Westford electricity program and have gone with other suppliers that have much higher rates. Please know that Westford has contracted with 22 other communities in order to get a very low rate of electricity for a 3 year span from January 2018 to January 2021. All residents were automatically enrolled in this contract in 2018 unless you opted out. The supplier for Westford is Public Power, LLC and the rate is \$0.10122 per kilowatt hour. If you would like to reenroll in this program please contact your current supplier about disenrolling and if there are cancellation fees or not. Then call Public Power at 1-800-830-2944 to enroll. If you have any questions feel free to call Annette at 978-399-2326.

**RED DAY WITH KELLER WILLIAMS REAL ESTATE AGENCY**

Keller Williams, is hosting a spring cleanup date for a few of our local seniors. If you are interested in this help in May, please contact Annette, the Outreach Coordinator at 978-399-2326 by April 19th. Much thanks to this organization for their offers of help!

**SPRING CLEAN UP**

**Deadline Friday, April 5th**

It is time to start thinking about spring yard cleanups. Due to growing numbers of seniors requesting this 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 to match up with residents but **we will be prioritizing seniors with a demonstrated need first** – financial, health, 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, April 5<sup>th</sup>**.

**KEYSAFE COMES TO WESTFORD**

**Thanks to partnership with the Fire Department, Cameron and Westford Ace Hardware** Do you live alone? Do you have a chronic medical issue and/or history of calls to 911? Does your medical condition result in difficulty making it to the door to greet first responders (history of seizures, falls, cardiac issues, etc.)? IF SO, YOU MAY BE A GREAT CANDIDATE FOR THE KEYSAFE PROGRAM. The social services/outreach staff will help to identify people who could benefit from a lock box where a house key can be kept outside. The Fire Department will install the boxes at requested homes (no income requirements). The emergency responders would then have a code to retrieve the key and open the door if it is locked, preventing the need to damage the home during an emergency response/wellness visit. The full cost of a KeySafe is \$33.99 and our social service team will be offering subsidized KeySafes to those who have financial limitations and are more vulnerable thanks to our funding from the **Cummings Foundation and Westford Ace Hardware**. Please call Alison 978-399-2325 or Annette 978-399-2326 if you have a financial hardship and/or are interested in having a KeySafe installed by the Towns fire department. **Westford Ace Hardware located at 527 Groton Road** is offering a **20 percent discount** to Westford residents who wish to purchase a KeySafe and are age 60 and older. However, you must show a current driver's license or registered State I.D. when purchasing device.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>Quilting Club 9:30 Bone Builders 9:30 Open Art Studio 12:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45</p>	<p><b>2</b></p> <p>Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Upbeat Band 10:15 Chair Movement 10:15 Bone Builders 2:00 Ping Pong 3:30 <b>Tech Help with Vamsi</b> 2:30 Circuit Training 4:30</p>	<p><b>3</b></p> <p>Aerobics 9:15 Bone Builders 9:30 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 <b>Alz. Spt. Group</b> 6:30 Train Club 7:00</p>	<p><b>4</b></p> <p>Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 Hand &amp; Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Circuit Training 3:30 Bridge 3:30 <b>Hot Dog &amp; Burger Night</b> 5:00 BINGO 7:00</p>	<p><b>5</b></p> <p>Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45</p> <p><b>Deadline for spring clean up call Annette at 978-399-2326</b></p>
<p><b>8</b></p> <p><b>Woman's Breakfast</b> 9:00 Quilting Club 9:30 <b>Hearing Clinic</b> 9:30 Bone Builders 9:30 <b>Ask the Realtor</b> 10:00 Open Art Studio 12:00 <b>SHINE</b> 12:30 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45</p>	<p><b>9</b></p> <p><b>Men Breakfast</b> 8:00 Zumba 8:15 Billiard Players 8:30 <b>Blood Pressure</b> 9:00 Yoga 9:00 <b>Ask the Lawyer</b> 9:30 Watercolor Club 10:00 Upbeat Band 10:15 Chair Movement 10:15 Bone Builders 2:00 Ping Pong 3:30 <b>Tech Help with Vamsi</b> 2:30 Circuit Training 4:30</p>	<p><b>10</b></p> <p>Aerobics 9:15 Bone Builders 9:30 <b>What do with this stuff</b> 10:00 Lunch 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 <b>COA Bd. Mtg.</b> 4:00 Train Club 7:00</p>	<p><b>11</b></p> <p>Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 <b>Friends Bd. Mtg.</b> 10:00 <b>Ask the Officer</b> 11:00 <b>Veterans Services</b> 11:00 Hand &amp; Foot 12:30 <b>Birthday Lunch</b> 12:30 Bone Builders 1:00 Watercolor Class 1:00 Circuit Training 3:30 Bridge 3:30 BINGO 7:00</p>	<p><b>12</b></p> <p>Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45 <b>Lunch and Learn</b> 12:15</p>
<p><b>15</b></p> <p><b>COA Closed in observation of Patriot's Day</b></p> 	<p><b>16</b></p> <p>Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Thrive 7 10:00 Upbeat Band 10:15 Chair Movement 10:15 <b>Coco- Family Movie</b> 2:00 Bone Builders 2:00 Ping Pong 3:30 <b>Tech Help with Vamsi</b> 2:30 Circuit Training 4:30 <b>Book Club</b> 6:00</p>	<p><b>17</b></p> <p>Aerobics 9:15 Bone Builders 9:30 <b>Ask Annette Tax Relief</b> 10:30 Lunch 12:00 <b>Volunteer Appreciation Lunch</b> 12:00 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00</p>	<p><b>18</b></p> <p>Billiard Players 8:30 Zumba 9:00 <b>Fallon Health</b> 10:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 <b>Northern Bank Lunch</b> 12:00 Hand &amp; Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 <b>MILES</b> 2:00 Circuit Training 3:30 Bridge 3:30 <b>Movie Night</b> 4:30 BINGO 7:00</p>	<p><b>19</b></p> <p>Aerobics 8:30 Music Makers 9:00 Ping Pong 9:45</p>
<p><b>22</b></p> <p>Quilting Club 9:30 <b>Acorn to Oaks</b> 9:30 Bone Builders 9:30 Open Art Studio 12:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45</p>	<p><b>23</b></p> <p>Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Thrive 7 10:00 Upbeat Band 10:15 Chair Movement 10:15 Bone Builders 2:00 Write your Story 2:00 Ping Pong 3:30 <b>Tech Help with Vamsi</b> 2:30 <b>Aging Mastery</b> 4:00 Circuit Training 4:30</p>	<p><b>24</b></p> <p>Aerobics 9:15 Bone Builders 9:30 <b>Restaurant Review</b> 11:30 Busy Fingers 1:00 Cribbage 1:00 Fitness Camp 1:30 Train Club 7:00</p>	<p><b>25</b></p> <p>Billiard Players 8:30 Zumba 9:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement 10:00 <b>Ekuru Lunch</b> 12:00 Hand &amp; Foot 12:30 Bone Builders 1:00 Watercolor Class 1:00 Circuit Training 3:30 Bridge 3:30 BINGO 7:00</p>	<p><b>26</b></p> <p>Aerobics 8:30 <b>Shred Day</b> 9:00 Music Makers 9:00 Ping Pong 9:45 <b>Parade Poster Party</b> 12:00 <b>Lets Play Games</b> 2:30</p>
<p><b>29</b></p> <p>Quilting Club 9:30 <b>Podiatry</b> 9:30 Bone Builders 9:30 <b>Elegant Chef</b> 11:30 Open Art Studio 12:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:00 PING PONG 1:45</p>	<p><b>30</b></p> <p>Zumba 8:15 Billiard Players 8:30 Yoga 9:00 Watercolor Club 10:00 Thrive 7 10:00 Upbeat Band 10:15 Chair Movement 10:15 Bone Builders 2:00 Write your Story 2:00 Ping Pong 3:30 <b>Tech Help with Vamsi</b> 2:30 <b>Aging Mastery</b> 4:00 Circuit Training 4:30</p>			



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## TRIPS

### WE ARE KICKING OFF SPRING WITH A TRIP TO FOXWOODS!

We will be traveling to **Connecticut** on **Tuesday, April 2** and are inviting all those ages 50 and over to join us. Silver Fox Motor Coach will once again be driving us with **departure 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 and food coupons when you arrive at the casino. **Please call 978-692-5523 to sign-up** for this fun day at Foxwoods



### MINI FUN TRIP TO BILLERICA & LUNCH Saturday, April 27th at 9:30 a.m.

Visit the Covered Bridge Home Interior Whiffle Tree Candle Co. Then visit the old Indian Water Springs. (Take home some spring water.) Then go to lunch at the Emerald Rose in Billerica. Cost will be \$10. Lunch is on your own. Please sign up at 978-692-5523.

### EVENING VAN TRIP TO RESTAURANT Tuesday, April 9th at 5:00 p.m.



Our monthly lunch trips to restaurants has been popular so we thought we would try early evening dining out on a quarterly basis. Our first road trip will be to *Lucia's Tavola*, an Italian Restaurant in Ayer. Sign ups required by 4/4 for van and/or dining



### DAY BUS TRIPS

Listed below are some upcoming Bus Trips for this year. For more information please contact Katie at 978-399-2330 or [krussell@westfordma.gov](mailto:krussell@westfordma.gov) or pick up the flyers at the Cameron. To sign up for these trips call 978-692-5523.

Date	Trip
Tues. April 16	Guided Tours of Plymouth, Massachusetts, Monument of our Forefathers, Pilgrims Church, Plymouth Plantation for lunch, waterfront, and wine tasting at Plymouth Bay Winery. Cost \$92.00
Wed. April 24	Best of Times presents Dancing Dream: ABBA Tribute and Lunch at the Danversport Yacht Club. Cost \$97
Thurs. May 16	Fox Tours presents Spirit of Boston Harbor Cruise & Delicious Lunch Cost. \$99.
Tues. June 18	Best of Times presents the 3 Red Neck Tenors and Lunch at the Danversport Yacht Club. Cost \$97
Wed. Jun. 26	Fox Tours trip to see the Red Sox vs. White Sox game in Boston in your 3rd base side grandstand seats. Lunch will be on your own. Cost \$109.
Tues. Jul.16	Best of Times presents Michael Minor and a traditional Maine Lobster bake at Foster's Clambake in York, Maine. Cost \$109
Sat. Aug. 24	Jersey Boys at North Shore Music Theater : More info to come in May.
Thurs. Sept. 19	Royal Tours presents JFK in Hyannis enjoy a harbor cruise, luncheon, and visiting the JFK Museum. Cost \$105
Tues. Oct. 22	Fox Tours presents the Essex Valley Steam Train & Connecticut Riverboat and lunch at Go Fish restaurant. Cost \$ 109.

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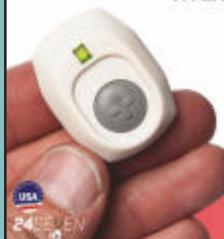
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To receive our monthly newsletter notification via email, go to the town website and click on “Notify Me” then type in your email to sign in then under “Agenda Center” Click Council on Aging.

### Westford Food Pantry

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information  
[lynnmroderick@aol.com](mailto:lynnmroderick@aol.com)

#### Hours

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

#### APRIL FOOD PANTRY HOURS:

- **Monday: April 8, 22** from 1:30 - 3:30 p.m.
- **Wednesdays: April 10, 24** from 8:30 - 11:30 a.m. and **April 3, 10, 17, 24** from 6 - 8 p.m.
- **Thursdays: April 11, 25** from 9:30 - 11:30 a.m.
- **Fridays: April 5, 12, 19, 26** from 8:30 - 11 a.m.
- **Saturdays: April 6, 20, 27** from 9 - 11 a.m.

### BOARD MEETINGS

**COA Board**— Wednesday, April 10th, at 4 p.m.  
**Friends of Cameron** – Thursday, April 11th, 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  
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

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

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