

# WESTFORD COUNCIL ON AGING NEWSLETTER JUNE 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



## PIZZAPALOOZA – All You Can Eat Buffet

**Wednesday, June 12, 5-9 p.m.**, at Backstage Lounge & Bistro, O'Neil Cinema, The Point, Littleton, MA

Join us for this “all you can eat” pizza & pasta buffet! Includes pizza, pasta, meatballs/chicken, nachos/fries & ice cream sundae bar. Invite your family & friends. Prices (not including tax/tip/beverages): \$9.99 kids under 12; \$11.99 seniors and teens 12-16 years; \$14.99 ages 17 and up. A portion of proceeds (15%) will go to the Friends of Cameron for the benefit of the CSC. Flyers available at the Front Desk.

Give them to all your friends & family. Register early at the Cameron Senior Center & **get a free ticket for drawings.**

Want to catch a movie, either before or after you dine? It's also **Senior Wednesday – ALL DAY**: \$7 for seniors age 62+

## Big Time BBQ at Kimball Farm:

**Friday, July 12th at 12pm**

**Entertainment: Flashback Band**

Choice of: • Top Sirloin Burger or Cheeseburger • 1/4 lb All Beef Hot Dog • Veggie Burger

Served with: • Potato Chips & Watermelon • Bottled Water or 1 Soda \*Full Kimball Farm Ice Cream Buffet Included

Activity Options ▪ One Round of Two Adventure Style 18-hole Mini Golf Courses ▪ 2 Bumper Boat Rides in our 6,000 sf. Bumper Boat Pond

▪ 2 Rides on New England's Largest Spin Zone Bumper Cars ▪ 1 Large Bucket of Balls at the Driving Range

▪ Six games of Bingo with great prizes as well as other in tent activities.

Transportation is available by calling 978-399-2322 and/or if you need assistance with parking please call

Katie at 978-399-2330. Cost: Westford resident- \$25 Non-Westford Friends of the Cameron Member- \$32

## COA staff manage the Westford Farmers Market on July 30<sup>th</sup> – Come have fun with us!!

With the Farmers Market being organized by our Town Manager's Office, varying town departments will oversee the market each Tuesday starting July 9<sup>th</sup> thru August 27<sup>th</sup> from 2:30-6:30. Please visit our department booth and learn more about your center. **Also**, in the spirit of this fun time the **UPBEATS Band** will be taking the famed Westford **gazebo stage at 3:00** so bring a blanket or chair to sit and enjoy some good music

and **complimentary organic cotton candy and/or organic ice slushes made by Aunties Sweet Shop**

(owned by one of our awesome COA van drivers **Lisa Cohen**) **RSVP 978 692 5523**

## Some participating vendors include: participating in the 2019 Westford Farmers Market

- Aaronap Cellars
- Liberty Fish
- Evviva Trattoria
- Hubba's Real Pit BBQ
- Farmer Francesco's Cookie
- Werks Kabob House
- Valicenti Pasta farm
- Nissitsett Apiaries
- Farmer Dave
- Purple Carrot Bread Co.
- Spring Dell and Brook Farms and more....



**Westford  
Farmers' Market**

## A message from our director:

Exciting funding news....

The Cameron recently learned we were selected as recipients of two donor advised funds: Westford Family Funfest and Westford Community Fund administered by the Greater Lowell Community Foundation. This grant funding will bring two program opportunities to our center which will include a Cameron Lifelong Learning Series which will offer a range of educational and enrichment courses that will be led by credential and/or experienced teachers. We are looking forward to rolling out this program in January 2020 with some new and varied class opportunities relating to sociology, history, cultural arts, wellness and **if perhaps you have other subjects of interest please share with Katie Russell or Annette Cerullo** who both coordinate our day and evening programs. These series of classes will have a nominal fee to participate. Also, we are excited to partner with Middlesex Institute For LifeLong Learning aka MILES sponsored by Middlesex Community College in hopes to bring additional classes, concerts, speaker for Cameron participants to partake in at their Bedford campus with complimentary van transportation.

Lastly, many of you will remember the community breakfast at First Parish Church which featured guest entrepreneur and author William Cummings speaking on his recently released book, "Starting Small and Making It Big." Since we had such a positive response to community breakfast event we are going to make it an annual tradition and COA fundraiser thanks to this funding sponsorship. This year's, "**Life After Retirement the Next Adventure Begins**" Annual Community Breakfast will feature one of Westford's very own **Nancye Tuttle a very successful staff reporter of thirty-six years with the Lowell Sun newspaper.** Nancye will speak about some of her most poignant and memorable interviews as a newspaper journalist and now editor of **The Weekender.** So, mark your calendar for Wednesday, October 16th at 8:30 AM and more information will follow.

In closing on a more personal note, I would like to **thank Patti Mason, founder of the Westford Family FunFest and Westford Community Fund** for making these funding opportunities possible for her strong supportive commitment to the Cameron and her fondness for the many participants we serve daily.

**Jennifer**

### HELP STUFF THE JEEP FOR THE WESTFORD FOOD PANTRY

at the Farmers Market on July 30<sup>th</sup> from 2-6PM. Volunteers will be glad to help receive donations of breakfast items, snacks, canned meats, toiletries or simply your favorite non-perishables. For more information call 978-692-5523.

PS- look for the green Jeep at the commons and don't forget to sign up(call 978-692-5523) for the organic ice slushes and cotton candy near the bandstand that day in appreciation of our Westford residents ages 55 and older.

## Friends Corner

### FINE ART ON THE WALL FOR SALE:

Moving into a new home or re-decorating a room? Need different art on your walls to reflect your changing mood? The Friends have acquired a wonderful selection of pre-owned fine art, including many original paintings, signed by the artists. We're offering these for sale, with all proceeds to benefit the Cameron. The art will be displayed on the wall in the Welcome Area, near the Multi-purpose Room. We'll rotate these periodically, so our décor will change and visitors can purchase any they like. What a fun way to enliven the Cameron with a change of art décor and raise funds at the same time!

### **Pizzapalooza**

FUNDRAISER TO BENEFIT THE CAMERON

~ **ALL YOU CAN EAT BUFFET** ~

**WEDNESDAY, JUNE 12**

**5 – 9 P.M.**

**BACKSTAGE LOUNGE & BISTRO  
THE POINT, LITTLETON, MA**

### *Trudy's Boutique*

THRIFT SHOP

**MONDAY – FRIDAY: 9 A.M. – 3 P.M.**

CLOTHING, HOUSEHOLD GOODS, DÉCOR, JEWELRY

~ ALL AT AFFORDABLE PRICES ~

**ALL PROCEEDS BENEFIT THE CAMERON**

**REGRETFULLY, WE CANNOT ACCEPT DONATIONS OF  
FALL/WINTER CLOTHING OR CHRISTMAS ITEMS  
UNTIL SEPTEMBER**

**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.



## Fitness Classes



**\* 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.

**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**

Cost \$40 for Non Westford residents

### 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, PTS, BS Certified Personal Trainer

**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, NPTI CPT

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

Cost:\$60 for Non-Westford residents

### GOLF

**Tues. at 7:30 a.m. April 30th —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 June.

**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, June 11th. 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.**



**VETERANS BREAKFAST**

**Thursday, June 13th at 7:00 a.m.- 9:00 a.m.**

**At The Village Breakfast Restaurant.** Westford Veterans and their spouses are invited for a complimentary buffet breakfast. **Sponsors American Legion Post 159, The Village Breakfast Restaurant and the Cameron.** Sign up at 978-692-5523.

**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. **June lunches**

**Wednesday, June 5th** Meatball Subs

**Wednesday, June 12th** Beans & Franks

**Wednesday, June 19th** Chef Mikes Corn Bread & Chili

**Wednesday, June 26th** Salad Bar

**BIRTHDAY CELEBRATION**

**Thursday, June 27th at 12:30 p.m.**

Come Celebrate the June Birthdays! Lunch is 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 are free **June Meal Choice is ~ Chicken ala Katie.**

**Next month will be a pot luck so please sign up to make something on the Poster near the Front Desk.**

**RESTAURANT REVIEW ~ Dutch Treat!**

**Wednesday, June 26th at 11:30 a.m.**

Join others for lunch on **Wed. 6/26 at Burtons Grill, 1 Cornerstone Square,** Westford. When you arrive, you can check in under "Westford Senior Center". 978-692-5523. Bon Appétit.

**MEN'S BREAKFAST:**

**Westford Land Use Management Director, Jeffrey Morrisette**

**Tuesday, June 11th at 8AM**

"Learn and ask questions about some of the development projects in town". Also, to ensure a healthy Q&A our Land Use Management Director has asked if you have specific questions please direct to Chuck Dutton, Men's Breakfast coordinator at [cdutton@westfordma.gov](mailto:cdutton@westfordma.gov) preferably 48 hours in advance to ensure Jeff can provide a detailed answer(s) for your inquiry.

*Please RSVP to 978-692-5523.*

**LUNCH AND LEARN**

**Friday, June 28th at 12:15 p.m.**

Come plant your own Windowsill Culinary Herb Garden suitable for a sunny inside window or an outside step. Plants, containers and soil will be provided. **Meredith Perry, a former Massachusetts Master Gardener,** will demonstrate and answer horticultural questions. Gloves will be provided if you don't bring your own.

Lunch sponsored by Harvard Pilgrim Health Care.

Cost of the class will be \$5. Sign up at 978-692-5523.

**HEALTH AND WELLNESS**

**HEARING SCREENING**

**Monday, June 10th 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, June 11th 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.



**Fitness Center annual rates changing July 1st,  
please see below:**

Westford Residents:	Non-Westford Residents:
Ages 55-59: \$100	Ages 55-59: \$150
Ages 60-79: \$ 65	Ages 60-79: \$120
Ages 80+ : \$ 25	Ages: 80+ : \$ 75

Town Employees  
\$125.00

Please ask our Cameron registrars for Health Insurance Rebate Forms which typically will cover fitness center rate(s) and/or fitness classes up to varying amounts. Your fitness center membership fees help maintain the upkeep of our work-out equipment and fitness center needs.



### 55+ EARLY EVENING PROGRAMS:

#### BINGO/HOT DOG/BURGERS

**Now two nights a month!**

**Thursday, June 13th and Thursday, June 27th**

**Food orders taken from 4:45-6:00p.m.**

Due to popular demand, Hotdogs and Burgers will be served the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month before bingo. A hot dog, chips, drink and dessert setup 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.

#### CAMERON MOVIE NIGHT

**Thursday, June 20th at 4:30 p.m.**

Join us for the romantic comedy "5 Flights Up". A heartwarming movie about a husband (Morgan Freeman) and wife (Diane Keaton) pondering the sale of the apartment they've shared for more than 40 years. 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.

#### BOOK CLUB

**Tuesday, June 18th at 6 p.m.**

Join us in our cozy library for our monthly discussions. We will be reading a non fiction about Native Americans titled "Empire of the Summer Moon" by S.C. Gwyne Please see Annette for a book.

### INTERGENERATIONAL PROGRAMS:

#### PEN PALS:

We want to start a Pen Pal Program in collaboration with the Rec. Dept. after school program. But we need more volunteers before we get started. 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:

**Tuesday, June 11th 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. To register call: 978-692-5523.

#### TECHNOLOGY HELP WITH VAMSI VETSA

Vamsi will be taking the summer off and return in the fall.

### NEW: AWESOME ADVENTURES:

#### METRO ROCK (LEARN TO ROCK CLIMB)

**Wednesdays at 10am starting on July 10th**

**1200 Constitution Ave, Littleton, MA 01460 at the Point**  
Come and learn how to safely rock climb in this intense four week course described below:

**WEEK 1 INTRO (90 MIN)**

**WEEK 2 BODY EFFICIENCY (60MIN)**

**WEEK 3 ROUTE READING (60MIN)**

**WEEK 4 DEALERS CHOICE (What type of practice, knowledge or skills do your participants want exposure to?) (60MIN)**

Cost is \$100 for the four week program. Space is limited so sign up soon. 978-692-5523.

#### NASHOBA PADDLERS:

**Thursday, June 27th at 10am**

**398 West Main Street, Groton, MA 01450**

Once a month during the summer we will have a

**Cameron Paddler outing out on the water for 1.5 hours.**

Cost :

CANOE (2-3 people) **\$12/per person for 2 or \$8 per person for 3**

SOLO KAYAK (1person) **\$20/boat**

TANDEM KAYAK (2 people) **\$13/per person**

**Must sign up by Friday June 21st. RSVP: 978-692-5523.**

#### WESTFORD WEDNESDAY WALKERS:

**Wednesdays at 9:30a.m.**

There are so many great walking trails in Westford if you are interested in going for walks around town please sign up at 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.

### 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, June 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, June 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, June 10th at 10 a.m.**

Local real estate agent **Kathy Cunningham of Coldwell Banker.**  
Call: 978-692-5523 for an appointment.

### SHINE APPOINTMENT with Fred Baumert, Counselor

**Monday, June 10th 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, June 11th 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.



Thank you to Patti Mason, Mary Alcorn, and Angela Harkness for generously sponsoring the Mothers' Day breakfast. You made this a very special day for so many.

### **Strategic Retreat at Kimball Farm**

**No cost to attend**

**June 13<sup>th</sup> at 5:30**

Great time of sharing and planning for our Town, enjoy some BBQ, Kimball's legendary ice cream bar, many friendly and new town faces and all the fun amenities Kimball has to offer. For more information on retreat and registration please visit <https://westfordma.gov/1108/Strategic-Planning-Retreat>.

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

Applications are available at the Senior Center 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.



**HOUSING \*Important Information\***

Just a friendly reminder that affordable housing is very hard to find in Westford and the surrounding communities. Senior subsidized housing has an estimated 3-5 year waiting list for in town applicants. Market rate rentals are not affordable for many seniors. So, please think ahead and consider putting yourself on waiting lists early if you think there is any chance that you will need this type of housing in the next 5 years. There are several new apartment complexes in the permitting and building process that will have "affordable" units by lottery. If you are interested in receiving information on these buildings and lotteries as we receive it, please call Alison at 978-399-2325 to be put on an email list.

**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.

**WHAT IS OUTREACH? \* ARE YOU FAMILIAR WITH "NEWS FLASHES"?**

**By: Annette, Outreach Coordinator**

Part of "Outreach" is keeping you informed of important resources, programs, and things happening here at your center. If you haven't done so already, be sure to sign up on the town website for Council on Aging "news flashes". You can get them in your email or on your telephone. Go to the town website: <https://westfordma.gov/> then click on the icon "notify me" and then the notices you want. We don't want you to miss anything! If you need help let me know and I would be glad to sign you up. Annette at 978-399-2326.

**MASS. EQUIPMENT DISTRIBUTION PROGRAM:**

**June 10, 10:00-11:00**

If you are a Massachusetts resident with a permanent disability, you could be eligible for the MassEDP program. This program provides specialized telephone equipment to people with vision and/or hearing impairment at little or not cost. A representative will be here on June 10<sup>th</sup> to display the telephones and accept applications. You may also visit [www.mass.gov/massedp](http://www.mass.gov/massedp) for more information or call 1-800-300-5658. Please register to attend this program at 978-692-5523.

**Great Opportunity**

**ORGANIC VEGETABLE DISTRIBUTION – May 16<sup>th</sup> through September**

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce to all Westford residents who meet income guidelines. (Fuel assistance criteria). 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. Any questions call Annette at 978-399-2326.

**NEW...REWARDING WORK CONNECTS OLDER ADULTS WITH CAREGIVERS**

With more seniors choosing to live at home as long as possible, many at some point will need to hire in-home care. Non-profit Rewarding Work provides a unique resource that makes aging in place easier and more affordable for older adults and their families throughout Massachusetts.

Individuals and families use Rewarding Work's online directory and job board to find and hire caregivers who support elders and people of all ages with disabilities, and family caregivers may also find respite care providers. Rewarding Work allows seniors and job applicants to match their interests and locations based on carefully designed criteria to ensure successful matches. The website also includes a job board where people can post an ad detailing their specific job needs and receive email responses from interested applicants.

Rewarding Work offers choice, control and affordability when it comes to hiring in-home caregivers, and subscriptions are always affordable – starting at the low fee of \$10 for one month. For more information or to register, call 866-212-9 Consumers who receive supports under the MassHealth PCA program have a new website sponsored by the PCA Workforce Council to find and hire PCAs. The new website is: [www.masspcadirectory.org](http://www.masspcadirectory.org) RewardingWork.org is not affiliated with the Mass PCA Directory.675, or visit:

[www.RewardingWork.org](http://www.RewardingWork.org). Rewarding Work is an affiliate of TILL, Inc



# The Atrium

at Drum Hill

A Benchmark Senior  
Living Community  
For Memory Impaired

978-934-0000

2 Technology Dr • N Chelmsford

THIS SPACE IS  
**AVAILABLE**



Commitment to excellence in the community for over 40 years

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[www.LEXEYE.com](http://www.LEXEYE.com)

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300 Baker Ave. Suite 210  
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281 Massachusetts Ave  
Arlington, MA 0247  
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Colleen Murphy  
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Westford COA, Westford, MA

06-5200

Monday	Tuesday	Wednesday	Thursday	Friday
<b>J</b>	<b>U</b>	<b>N</b>	<b>E</b>	<b>1</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong
<b>3</b> 9:30 Quilting Club 9:30 Bone Builders 10:45 Whole Foods 12:00 Open Art Studio 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong	<b>4</b> <b>7:30 Mohegan Sun</b> 8:15 Zumba 8:30 Billiard Players 9:00 Yoga 10:00 Watercolor Club 10:00 Chair Movement 10:45 Whole Foods 1:00 Bone Builders 3:30 Ping Pong 4:00 Aging Mastery 4:30 Circuit Training	<b>5</b> 9:15 Aerobics 9:30 Bone Builders <b>9:30 Westford Walkers</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp <b>6:30 Alz. Spt. Group</b> 5:00 Piano Class 7:00 Train Club	<b>6</b> 8:30 Billiard Players 9:00 Zumba 10:00 Yoga 10:15 Chair Movement 11:30 Upbeats 12:30 Hand & Foot 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge 7:00 BINGO	<b>7</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong
<b>10</b> 9:30 Quilting Club <b>9:30 Hearing Clinic</b> 9:30 Bone Builders <b>9:30 Acorn to Oaks</b> <b>10:00 Ask the Realtor</b> <b>10:00 Equipment Program</b> 10:45 Whole Foods 12:00 Open Art Studio <b>12:30 SHINE</b> 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong	<b>11</b> <b>8:00 Men's Breakfast</b> 8:15 Zumba 8:30 Billiard Players <b>9:00 Blood Pressure</b> 9:00 Yoga <b>9:30 Ask the Lawyer</b> 10:00 Watercolor Club 10:00 Chair Movement 10:45 Whole Foods 1:00 Bone Builders <b>2:30 Playing Games</b> 3:30 Ping Pong 4:00 Aging Mastery 4:30 Circuit Training <b>5:00 Restaurant Road Trip</b>	<b>12</b> 9:15 Aerobics 9:30 Bone Builders <b>9:30 Westford Walkers</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Room <b>4:00 COA Bd. Mtg.</b> <b>5:00 Pizzaplooza</b> 5:00 Piano Class 7:00 Train Club	<b>13</b> <b>7:00 Veterans Breakfast</b> 8:30 Billiard Players 9:00 Zumba 10:00 Yoga <b>10:00 Friends Bd. Mtg.</b> 10:15 Chair Movement <b>11:00 Ask the Officer</b> 11:30 Upbeats 12:30 Hand & Foot 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>5:00 Hotdog Night</b> 7:00 BINGO	<b>14</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong
<b>17</b> 9:30 Quilting Club 9:30 Bone Builders 10:45 Whole Foods 12:00 Open Art Studio 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong	<b>18</b> 8:15 Zumba 8:30 Billiard Players 9:00 Yoga 10:00 Watercolor Club 10:00 Chair Movement 10:45 Whole Foods 1:00 Bone Builders 3:30 Ping Pong 4:00 Aging Mastery 4:30 Circuit Training <b>6:00 Book Club</b>	<b>19</b> 9:15 Aerobics 9:30 Bone Builders <b>9:30 Westford Walkers</b> <b>12:00 Lunch— Made by Mike Dyer</b> 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Room 5:00 Piano Class 7:00 Train Club	<b>20</b> 8:30 Billiard Players 9:00 Zumba 10:00 Yoga 10:15 Chair Movement 11:30 Upbeats 12:30 Hand & Foot 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:30 Movie Night</b> 7:00 BINGO	<b>21</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong
<b>24</b> 9:30 Quilting Club 9:30 Bone Builders 10:45 Whole Foods 12:00 Open Art Studio 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong	<b>25</b> 8:15 Zumba 8:30 Billiard Players 9:00 Yoga 10:00 Watercolor Club 10:00 Chair Movement <b>10:00 COA Van Trip</b> 10:45 Whole Foods 1:00 Bone Builders 3:30 Ping Pong 4:00 Aging Mastery 4:30 Circuit Training	<b>26</b> <b>Red Sox Game</b> 9:15 Aerobics 9:30 Bone Builders <b>9:30 Westford Walkers</b> <b>11:30 Restaurant Review</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Room 5:00 Piano Class 7:00 Train Club	<b>27</b> 8:30 Billiard Players 9:00 Zumba <b>10:00 Nashoba Paddlers</b> 10:00 Yoga 10:15 Chair Movement 11:30 Upbeats <b>12:30 Birthday Lunch</b> 12:30 Hand & Foot 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>5:00 Hotdog Night</b> 7:00 BINGO	<b>28</b> 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong <b>12:15 Lunch &amp; Learn</b>



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TRIPS

**MOHEGAN SUN CASINO**

**Join us as we head to Connecticut on our Casino getaway day!**

We are planning to travel to the **Mohegan Sun Casino Tuesday, June 4** 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 coupon when you arrive at the casino. Please call 978.692.5523 to sign-up for this fun day at Mohegan Sun!



**COA VAN TRIP**

**Tuesday, June 25th at 10:00a.m.**

Bowling at Wamesit Lanes  
 Cost \$35.00/person includes transportation,  
 1 hour of bowling, 2 slices of cheese pizza,  
 Unlimited soft drinks or Water and gratuity.  
 Sign ups are required 978-692-5523.



**EVENING ROAD TRIP TO RESTAURANT**

**Tuesday, June 11th at 5:00p.m. – 7:30p.m.**

Our next night road trip will be to Fishbones in Chelmsford. Van rides will cost \$4.00/person and sign ups are required by 6/7 for the van and/or dining reservations. 978-692-5523.



**DAY BUS TRIPS**

Call 978- 692-5523 for reservations and information on the following trips. Payment is due upon signing up for a trip. Make all checks payable to 'Town of Westford'. Transportation departs and returns from the rear parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot. Listed below are some upcoming Bus Trips for this year. Pick up the flyers at the Cameron.

Date	Trip
Wed, June 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 Cost \$114.
Thurs, Sept. 19	Royal Tours presents JFK in Hyannis. Enjoy a harbor cruise, luncheon, and visit.\$105.
Tues, Oct. 22	Fox Tours presents the Essex Valley Steam Train & Connecticut Riverboat and lunch at Go Fish restaurant. Cost \$109.

**Last month's COA Van Trip to Channel 5 was a success! Don't forget to sign up for our awesome trips they fill up fast! (A special Thanks to Patti Mason for helping make this trip possible)**

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Westford COA, Westford, MA

06-5200

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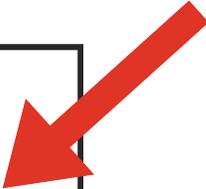
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@ Cameron Senior Center



### 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

#### Hours

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

#### JUNE FOOD PANTRY HOURS:

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

### BOARD MEETINGS

**COA Board**— Wednesday, June 12th, at 4 p.m.  
**Friends of Cameron** – Thursday, June 13th, 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

### COUNCIL ON AGING BOARD MEMBERS

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

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Frances Kosenko, Asst. Treasurer	Don Wilt
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