

# WESTFORD COUNCIL ON AGING NEWSLETTER JULY & AUGUST 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)



## Sponsors World PEAS at the Cameron

This summer we are grateful for Emerson's sponsorship to provide fresh organic produce to the first thirty participants who sign up for this bi-weekly distribution program that will begin on Thursday, July 11<sup>th</sup> and run thru October 17<sup>th</sup>. However, this year due to cost of this program offering we will **charge \$3 for Westford residents and \$5 for non-Westford Friends members**. You may sign up on the day of the distribution starting at 8AM at the registrar's desk on applicable clipboard. Please hold onto your cash receipt because that will be your entry ticket to receive your fresh vegetables and fruit.

## EBI's SUMMER BBQ COOKOUT IS BACK

**Friday, July 19 at 12:00 pm at the Cameron.**

You will enjoy freshly grilled BBQ chicken and/or beef accompanied with rice, grilled tomato, dessert, beverages and some tunes preformed by **Micky Lorden**. A special thanks to **Ebi and Desiree Masalehdan** for sponsoring this free event. Please RSVP to 978-692-5523.

## A Golden Civilization Conversation with George Kinder

**Tuesday, July 23rd at 12:00 p.m.**

Imagine a thousand generations into the future there is a Golden Civilization. What does it look like? Feel like? How do people communicate and govern themselves? What does the economy look like? And what can we each do to move towards it right now? You're invited to a conversation and visioning exercise facilitated by George Kinder, internationally-recognized thought leader and father of the financial Life Planning movement. Inspired by his latest book, *A Golden Civilization and the Map of Mindfulness*, these structured conversations are designed to move us through much of the turmoil we find ourselves in by creating a positive vision of civilization's future and action steps to accomplish it in short order. Bring your wildest ideas and most personal values to a conversation about the future. Visit [www.AGoldenCivilization.com](http://www.AGoldenCivilization.com) for more information. Lunch will be served at 12 and this post lunch lecture will start at 12:30 p.m. Sign up at 978-692-5523.

## Fun at the Farmers Market with a little extra Cameron Flair

Join several of your COA staff members at the Town Farmers Market on July 30<sup>th</sup> at 3PM. At 3:00 our very own UPBEATS Band takes the Gazebo stage so please bring a chair or two and enjoy some of their new music and a few of our favorite oldies... Your staff will be providing FREE fresh organic fruit ice slushes and organic cotton candy to top off this afternoon event... There will be many vendor tables to tempt your wallets.



## Help Stuff the Jeep for the Westford Food Pantry at the Farmers Market on July 30<sup>th</sup>!!

Each month over 75 seniors use the pantry let's show our support by bringing your favorite non-perishable food item from your pantry to help with this important summer community food drive. The Jeep SUV will be located off Lincoln Street. **Please help spread the word!**

## SEPTEMBER ~ Celebrating National Senior Center Month!

### **LIVE THEATER SHOW – "ISABELLA"**

**Friday, September 20 at 1 PM.**

**Delvena Theatre Company** will be with us again this year for another live theatrical edutainment production written by Fran Baron. The show will feature Fran Baron as Isabella and Lynne Moulton as her maid Lottie. Step back in time and meet Isabella Stewart Gardner, the famed founder of our own Gardner Museum in Boston. Learn about her life, charm, friends and acquaintances, travels, stylish taste and unconventional behavior! The cast will be open to the audience for discussion regarding Isabella after the performance. As always, we will have a celebration with root beer floats following the show. A fun time for all! **Please call 978.692.5523 to sign up. This program is supported in part by a grant from the Westford Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.**



## A message from our director:

### Low Income Housing Progress Supporting Towns Older Adults and Disabled

For the past two years with much support from our COA Board we have made some important strides in helping bring more awareness to the need for additional very low to low-income housing in town. Within the last ten years there has been **no** housing targeting residents living below the 50% of the area median Income based on HUD guidelines. Recently HUD released the 2019 Income Limits for Affordable Units and for Westford Income-eligibility for low to very low income are as follows:

**Household Income at 30% of AMI:** 1 Person is \$22,650

2 Person HH -\$28,500 3 Person HH-\$29,100, 4 Person-\$32,300 and

**Household HH Income at 50% of AMI:** 1 person is is \$37,700, 2 Person

HH-\$43,050, 3 Person HH-\$48,450, 4 Person HH-\$53,800. *With the*

*increasing need* for additional low to very low-income housing our COA Board and staff have been advocating for two projects which include **21 and 23 Carlisle Road and The Helena Crocker Residences**. Each of these housing projects are steadily making traction as they move through various Town Boards and funding processes. The development is a 17-unit, age restricted (55 years or older) market rate condominiums *coupled with a supportive housing cottage structure which supports seven efficiency style residences for persons 62 and over having income less than 50% of the AMI. The supportive housing portion of this project will help meet a critical need for housing older adults at risk for*

**homelessness and/or in need of supportive housing.** This project was recently granted funding from the Affordable Housing Trust I/A/O \$175,000 with some protective stipulations. As one of the several COA representatives that attended the AHT meetings we were thrilled with the funding decision the Trust. Our COA will continue to monitor and keep you informed on the positive movement of this project being developed by Scott Clark. As our COAs continues its effort to help reduce our five year+ waitlist for low income housing and ten plus year rate for disabled family housing in Westford we are optimistic with also the new housing development **The Helena Crocker Residences located at 60 Littleton Road**. This project solely will address the additional need for very low to low income housing by providing eighteen units (age restricted 62+) targeting incomes of 60% of AMI or less which twelve of those units will be for those at 30% of the AMI (1P-income: \$22,150 or 2P- income: \$25,300 or below). This project is being spearheaded by David Hedison, Executive Director of the Chelmsford Housing Authority. **Lastly, our COA Board voted to submit a letter to our Town Manger asking her to let the newly appointed Town Farm Committee know our COA's interest in acquiring the Town Farm property** for low income housing and possible relocation of the Westford Food Pantry. COA Board members, Town social worker, Westford Food Pantry Board Members joined me in a productive meeting with newly appointed Town Farm Committee members sharing our interest in conveying this property to our COA in an effort to better support our residents who struggle financially.

We are excited about this movement in town that is looking again at how we can ensure our more financially vulnerable older adults and disabled families can remain a viable part of this community. If you would like to learn more about these projects and share your support please reach out to our COA Board, Alison Christopher, Town social worker and/or myself and we will be glad to get you involved and/or simply keep you better informed.

Sincerely,

**Jennifer**

## NEW Cameron Buck\$ for Westford Residents (50+)



### \$- PAY \$50 GET \$55 VALUE

Anyone can buy a card. Buck\$ are used to pay for programs, classes and special events offered by the Cameron.

### \$\$- COMPLIMENTARY BUCK\$ FOR THOSE WITH LIMITED INCOME

Meet with social services staff.

### \$\$\$- AGE 75+ GET EXTRA BONUS AND STARS

Instructors and staff punch one of five stars found on your card when you attend a Cameron activity. Five punched stars earns you an extra \$5 off on your next purchased card.

As our center continues to evolve **NOW opening our doors to resident's age 55+**(not just during evening hours) but also at 8AM starting July 1<sup>st</sup>. With new potential participation we will have some new classes with fees and as always, the Cameron staff want to ensure that all center participants have access to programs. Remember **Cameron Buck\$** can be used for watercolor classes, Elegant Chef lunches and other meal opportunities, trips and much more.

\*Please note that Trudy's Boutique will only accept cash payments and if you purchase a card and should lose it, we will not be able to refund your money or provide a replacement card.

I would like to thank **Paul Fassbender, Pat Reppucci, Annette Cerullo, Claire France and Martha Brockway** for working on this project on behalf of our center.



### Wonder How to Get Your Cameron News?

- If you are age 70 and older you will automatically be mailed the Cameron monthly newsletter and if you would like to know so, please contact Katie at 978-399-2330.
- Prefer receiving a newsletter via email than please go to town website and click on "Notify Me" then type in your email to sign in under "Agenda Center" Click on Council on Aging
- Members of the Friends of the Cameron Senior Center receive complimentary monthly newsletters as a part of one's annual Friends membership.
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at [facebook.com/CameronSeniorCenter/](https://facebook.com/CameronSeniorCenter/)

# F.R.I.E.N.D.S

## Corner

### NEW BOARD MEMBERS – Congratulations!

Please join us in welcoming three new members to the Friends Board of Directors: Karen Sue Bigelow, George Borrero and Chris Topjian. At the Friends recent Annual Meeting, we reviewed our 2018-2019 accomplishments, our continued support for the COA, its activities and events, and outlined future directions.

To keep our senior center a vibrant community, we need fresh ideas and dedicated people to help us plan new events or programs that'll keep us entertained, challenged or having fun. Please step forward and share YOUR ideas and talents! The Friends Board meets the 2<sup>nd</sup> Thursday of each month at 10 a.m. We welcome everyone's input and suggestions. If you have an idea...share it!

### ART ON THE WALL – Fine Art for Sale

Check-out the art wall in the Welcome Area! The Friends of Cameron are offering pre-owned fine art for sale, to raise funds for the Cameron. The works include many original paintings, signed by the artists, as well as fine prints. We'll rotate these periodically, so visitors can see a variety of changes. If you are moving or re-decorating a room, we hope you'll consider purchasing one of these artworks. Your purchase will help fund the wonderful array of programs for seniors at the Cameron.

### *Trudy's Boutique* THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

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.



### 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 . Sign up at 978 692 5523 by 7/5.

### REPRESENTATIVE COOKOUT

Wednesday, August 14th at 11:30 am

Representative Jim Arciero will again be hosting his well received cookout at Cameron. This is a great opportunity to meet and share questions with him! Please RSVP to 978-692-5523.

### Save the Date: End of Summer Party

Friday September 13th at 12:00pm at East Bost Camps.

More information coming in our September newsletter.



### IMPORTANT CLASS INFORMATION!



### WATERCOLOR CLASS

July 11th & No Classes on August 8th

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

\* No Thursday Circuit Training on Thursdays during the Summer

\* No aerobic class on Wednesdays during the Summer. The Friday aerobic classes will be taught by Carol Wing starting the second week in July.

### MATURE MOVERS

Mondays at 10:30am starting July 8th

Instructor: Alison Hillman. Cost:\$3.00 Westford per class

**\$5 non Westford per class** Join us for a fun total-body exercise class that is light on stress but heavy on results. This class is appropriate for the active older adult and will incorporate the components of a healthy exercise prescription, including cardiovascular endurance, muscle strength and conditioning, flexibility, balance, and coordination training. We will be using both dumbbells and resistance bands during class and you will be instructed on the proper form and technique of all exercises performed, decreasing any risk of injury. Register at 978-692-5523.

**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. **July & August Lunches**

- Wednesday, July 3rd** - Chicken Salad Sandwiches
- Wednesday, July 10th** - Shake & Bake Chicken
- Wednesday, July 17th** - Tacos
- Wednesday, July 24th** - Grilled Cheese Sandwiches
- Wednesday, July 31st** - Baked Potato Bar
- Wednesday, August 7th** - Tuna Salad Sandwiches
- Wednesday, August 14th** - **No Wed. lunch - Cookout Instead**
- Wednesday, August 21st** - Salad Bar
- Wednesday, August 28th** - Shepard's Pie

**BIRTHDAY CELEBRATION**

**Thursday, July 25th at 12:30 p.m.**

**Thursday, August 29th at 12:30 p.m.**

Come celebrate the July & August Birthdays! Lunch is followed by cake and ice cream which will be sponsored by **Keller Williams**. Please call in advance to register at 978-692-5523. Cost is \$5 and birthday celebrants are free.

**July meal choice is ~** Spring Lasagna prepared by Whole Foods Asparagus, peas, mushrooms, spring onions, and bechamel sauce fill the layers of this spring-inspired lasagna. **August meal choice ~** Ham, Havarti and Fig Wrap prepared by Whole Foods

**RESTAURANT REVIEW ~ Dutch Treat!**

**Wednesday, July 31st at 11:30 a.m.**

**Wednesday, August 28th at 11:30 a.m.**

Be sure to mark your calendars for our next outings on **Wed. July 31st ,11:30 a.m. at Jon Ryan's Pub, 56 Chelmsford Rd, North Billerica** and **Wed. August 28th, 11:30 a.m. at Filhos, 59 Great Rd, Acton**. Please pre register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit.

**LUNCH AND LEARN**

**Friday July 26th at 12:15**

Paint & Munch Class. Painting instructions will be done by Candice from Artist in Hue.

Cost is \$15 Call 978-692-5523 to sign up.

**Friday August 9th at 12:15**

Do you have questions about Social Security? Do you find it difficult to get in touch when you

need something? Learn how to change your address, direct deposit, obtain a benefit verification and more. We will have a short presentation with lots of time for questions and answers! Call 978-692-5523 to sign up.

**Northern Bank Lunch**

David G. Hanafin, Vice President and Director of Wealth Management for Northern Bank will be the speaker at our **July 18th lunch at 12p.m.** David will be discussing different types of investments and how to prepare for what might come next. There will be a Q&A section and a questionnaire for you to fill in at the end of the program if you would like to set up a meeting with David. Call 978-692-5523 to sign up.



**HEALTH AND WELLNESS**

**HEARING SCREENING**

**Monday, July 8th & August 12th at 9:30a.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

**PODIATRY CLINIC**

**Monday, August 26th**

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

**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.

**THRIVE 7 WELLNESS PROGRAM – new session to begin August 20th – September 24th at 10:30-12:00**

Founder Susanne Duato from Thrive Health & Wellness Inc. is returning by popular demand to offer her 7 week nutrition and wellness program to members of the community. Susanne is a Certified integrated nutrition health coach and personal trainer with over 20 years' experience working with individuals seeking to learn and implement ways to live a healthier life. The nutritional focus of this program will help you understand the complex and powerful ways that food impacts your overall health, including the management and prevention of chronic disease such as diabetes and heart disease. However, to achieve optimal health and wellness this program will seek to broaden your definition of "healthy" beyond the food on your plate to include ways of nourishing your mind and spirit. The program includes weekly themed presentations, course materials and lively group discussion along with private check-in calls with the instructor. **The cost of the entire 7 week program is \$30.** Past participants have described this program as enlightening, supportive and practical. Please treat yourself to this wonderful opportunity by signing up at 978-692-5523. Class will be limited to the first 15 sign ups.

**55+ EARLY EVENING PROGRAMS:**

**BINGO/HOT DOG/BURGER NIGHT**

7/11, 7/25, 8/8 & 8/22 from 4:45-6:00 pm

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 for ages 18+.

**BOOK CLUB**

7/16 & 8/20 at 6:00 pm

Join us for thought provoking discussions. At our July gathering will be discussing *The Story of Arthur Truluv* by Elizabeth Berg and in August *Little Fires Everywhere* by Celeste Ng. Please call to sign up at 978-692-5523 and see Annette for a book.

**MOVIE NIGHT**

Thursday, July 18<sup>th</sup> at 4:30 – 6:30 p.m.

Thursday, August 15<sup>th</sup> at 4:30 – 6:30 p.m.

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. July 18<sup>th</sup>, we will be showing *The Greatest Showman* starring Hugh Jackman and on August 15<sup>th</sup> we will watch *The Old Man and the Gun* starring Robert Redford.. Please call to sign up at 978-692-5523 3 days prior to movie.



**BEGINNER'S LINE DANCING**

4 Week Session Starting 9/3, 5:15-6:00 pm.

Join us for a 4-week session to learn some fun beginner-level line dances. You will learn the basic steps and start dancing to all genres of music, from Country to Blues, Motown, Funky, Latin, Irish, Swing and Top 40. You don't need a partner or dance experience, just some comfortable sneakers and a love for movement and fun. It's great exercise on a level anyone can enjoy. \$20 for residents and \$25. for non residents. Register quickly for this program because there is a limit of 15 folks, 978-592-5523.

**\*NEW\* INTRO TO MEDICARE**

9/10, 6:00 -7:30 PM

Join us for a FREE presentation about signing up for Medicare. A local SHINE (serving the health insurance needs for everyone) rep will conduct this program. Anyone age 55 - 65 won't want to miss this program as you prepare for retirement! Please register by 9/6 by calling 978-692-5523.

**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.

**TECHNOLOGY HELP WITH VAMSI VETSA**

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

**TRIPS:**

**OUR MID-SUMMER CASINO GETAWAY DAY!**

We will be traveling to Foxwoods on Tuesday, August 6 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!

**EVENING ROAD TRIP TO RESTAURANT**

7/9 & 8/13, 5:00 – 7:30 pm

Our July night road trip will be to *Not Your Average Joes* in Acton and in August we will enjoy the summer feeling at *Bahama Breeze* in Tyngsboro. If you would like the van for transportation it will cost \$4.00/person and sign ups are required 3 days in advance for the van and/or dining reservations. Please RSVP 978-692-5523.

**TRIP TO PICKTIY PLACE**

Monday, July 29<sup>th</sup> at 10am

Trip hosted by Patti Mason come on this special luncheon to Pickity Place in Mason New Hampshire. Pickity Place is a magical place a fun luncheon site, store, Gardens of herbs, vegetables and flowers. The House is the model for the Little Red Riding Hoods house and story by Elizabeth Orton Jones. The Luncheon is a 5 Course menu with Choice of Beverage. Can see the menu at the front desk. On the way home will stop by Evan's of Townsend, MA and some of the other shops on the Townsend Common. Cost is \$30.00. Call 978-692-5523 to sign up.

**Trip to Covered Bridge Home Interiors, Spring Water site and Lunch**

Monday, August 12<sup>th</sup> at 10 am

Host: Patti Mason will visit the new Covered Bridge Home Interiors shop of Billerica. It is a collaboration of 3 businesses that have combined to create one perfect store! Painted Porch, Gracefully Yours and Treasures In Paint have combined talents to bring you the latest in home decor and Painted furniture. they have all kinds of hand made gifts and more. One of the owners is a friend of mine - Tina Caruso. Will visit the Natural springs on the Site and bring home some fresh spring water in a gift container. Lunch will be at Stelio;s of Billerica on the way home on your own. Cost for Transportation is \$10. Call 978-692-5523 to sign up.

**DAY BUS TRIPS**

Call 978- 692-5523 for reservations and information on the following trips. Payment is due at sign up for 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
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 & Lunch at North Shore Music Theater Cost \$114.



### **NEW! Karen's Alterations offered at the Cameron**

We are glad to have Karen Bigelow offer her alteration services on the 2<sup>nd</sup> Wednesday of the month from 9AM to noon in the library. Alterations will be returned on the 4th Wednesday of the month. Alteration fees:

**Senior prices are 50% off below prices** Pants: Hem jeans \$10, Take in sides \$12, Hand sew \$12, Take in zipper \$15 Dresses and Skirts: Hem \$15-\$20, Take in sides \$12, Hem lined \$ \$20-\$25 Tops and Shirts; Shorten \$10, Shoulder adjustment \$6 shorten sleeves \$6 Zippers: Pants 410 plus price of zipper, Jackets \$16 plus price of zippers. **\*Home appointments can be made for homebound please call Karen at 603-689-4603.**



### **\* 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.

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

#### **NEW! TRANSPORTATION OPTION UTILIZING UBER GIFT CARDS OFFERED BY YOUR COA- COME LEARN MORE..**

We will begin offering Uber Gift Cards to some transportation clients whose needs cannot be accommodated by our van services. If you are interested in learning about using Ridesharing and how to use the Uber app, please sign up for our training. Alison and Chuck will help you load the Uber app onto a smart phone (or show you on a desktop computer) and teach you how to use the system. We will also offer some tips for using ridesharing safely. July 24<sup>rd</sup> 2-3PM. Please call 978-692-5523 to register. (Uber gift card giveaways for a few lucky participants)

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. \* 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.

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

#### **No Meeting in July**

**Wednesday, August 7th at 6:30 p.m.**

1<sup>st</sup> Wednesday of each month at 6:30 PM at Cameron Senior Center.

**Prior to attending your first meeting, please contact Sandy at 978-758-6072 for information and pre-screening.**

#### **ASK THE OFFICER**

**Thursday, July 11th & Thursday, August 8th at 11 a.m.**

**Westford Police Department Family Services Detective**

**Nirisa Nicoletti** will be available for consultation the 2<sup>nd</sup> Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

#### **VETERANS SERVICES**

**Thursday, July 11th & Thursday, August 8th at 11 a.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 REALTOR**

**Monday, July 8th and August 12th 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, July 8th and August 12th 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, July 16th and Tuesday, August 27th 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**

**Will resume in September - Enjoy the Summer!**

To help our senior homeowners be more aware of the real estate tax exemptions that you may be eligible for, we hold 30 min appointments. Call the front desk to sign up, 978-692-5523.

**Affordable Housing Lottery  
Hanover Westford Valley**



**1 Tech Valley Drive, Westford, MA**  
 1BRs @ \$1,238 \*, 2BRs @ \$1,452 \*, 3BRs @ \$1,645 \*\**Rents subject to change. Utilities not included except Sewer. Tenants will pay own Gas Heat, Gas Hot Water, Electricity (including cooking), and Water.* Hanover Westford Valley is a 240 unit rental apartment community located on Tech Valley Drive behind the Westford Technology Park West in Westford, MA. 60 apartments will be made available through this application process. The residential units feature stainless appliances, island counters with stone countertops, tile backsplashes, laminate wood floors, painted accent walls and track lighting. Living areas feature 9' ceiling heights and other amenities.  
**MAXIMUM Household Income Limits:**  
 \$52,850 (1 person), \$60,400 (2 people), \$67,950 (3 people), \$75,500 (4 people), \$81,550 (5 person), \$87,600 (6 people)  
**Completed Applications and Required Income Documentation must be received, not postmarked, by 2 pm on August 16th, 2019.**  
**A Public Info Session will be on July 9th, 2019 at 6 pm in the Meeting Room in the J.V. Fletcher Library (50 Main St, Westford). The lottery will be on Sept 16th, 2019 at 6 pm in the same location.** For Lottery Information and Applications, or for reasonable accommodations for persons with disabilities, go to [www.s-e-b.com/lottery](http://www.s-e-b.com/lottery) or call (617) 782-6900 (x1) and leave a message. For TTYServices dial 711. Free translation available. Applications and Info Packets also available at the Cameron and in the J.V. Fletcher Library (50 Main St, Westford)  
 Hours: M-Th: 10-9, F: 1-5, Sat: 10-5, Su: closed

**HOUSING \*Important Information\***

Just a friendly reminder that affordable housing is very hard to find in Westford and the surrounding communities. Market rate rentals are very expensive. Senior subsidized housing has an estimated 3-5 year waiting list for Westford applicants. Subsidized housing for younger families or people with disabilities under age 60 has a 10+ year waiting list. So, please think ahead and consider putting yourself on waiting lists ASAP if you think there is any chance that you will need this type of housing. There are several new apartment complexes in the permitting and building process that will have "affordable" units by lottery These are **not** Westford Housing Authority buildings and are open to folks of all ages. The best time to apply is at the initial lotteries when all affordable units are vacant. 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.

**WHAT IS OUTREACH?**

**By: Annette, Outreach Coordinator**

According to the National Institute on Aging, research indicates that seniors who are active, social and have a purpose in life significantly lower their risk of mortality from heart disease and diabetes by 60%! Come check out the Cameron's multiple offerings like the **well-equipped fitness room, 8 weekly fitness classes, watercolor classes, golf, book club, ping pong, and more.** Reap the health benefits! Feel free to contact Annette, your Outreach Coordinator anytime at 978-399-2326.

**ORGANIC VEGETABLE DISTRIBUTION – GAINING GROUND, 12:30 every Thursday**

We are excited to have our relationship with Gaining Grounds of Concord once again offering their organic produce to all Westford residents that meet income guidelines.

To participate one must sign an income attestation on the day of produce pick up.

This distribution is held at the Westford Housing Authority **at 65 Tadmuck rd in the Community Center.**

Because this program is so desirable people often arrive early so we will pass out numbers starting at 12:30. The freshly picked vegetables will be distributed at 1:00. Distribution will be every Thursday into the fall. Any questions call Annette at 978-399-2326. \*Income Guidelines are based on Fuel Assistance: Household of 1 \$35,510, HH of 2 \$46,437, HH of 3 \$57,363, HH of 4 \$68,289.



**KEY SAFE LOCK BOX PROGRAM**

**so important in Wellness Checks and other critical situations**

This program with the Fire Dept. has been a huge success with over 25 lock boxes installed at senior's homes. If you live alone, have medical issues or frequently need to call 911 then you are a candidate for a key safe lock box. The box is installed on the outside of your home and it has a keypad with a code (you set) to access a key inside the box. The fire dept, your neighbors and family can have the code to prevent damaging your home to enter in an emergency. For more information about the program call Annette at 978-399-2326.

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

Applications are available at the Senior Center and will be **DUE ON AUGUST 1st.** 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.



**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.

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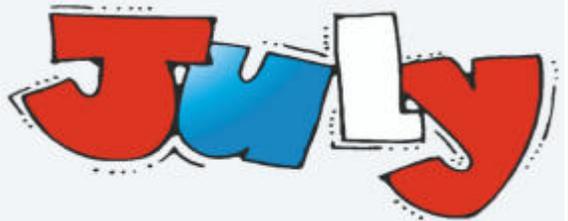


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TO *Senior*  
THE *Community*

For Advertising Information Call  
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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</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</p>	<p><b>2</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 4:30 Circuit Training</p>	<p><b>3</b> 9:30 Bone Builders <b>9:30 Westford Walkers</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 5:00 Piano Class 7:00 Train Club</p>		<p><b>5</b> 9:45 Ping Pong</p>
<p><b>8</b> 9:30 Quilting Club 9:30 Bone Builders <b>9:30 Hearing Clinic</b> <b>10:00 Ask the Realtor</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</p>	<p><b>9</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 4:30 Circuit Training <b>5:00 Not your Average Joes</b></p>	<p><b>10</b> 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>4:00 COA Bd. Mtg.</b> 5:00 Piano Class 7:00 Train Club</p>	<p><b>11</b> 8:30 Billiard Players 9:00 Zumba <b>10:00 Friends Bd. Mtg.</b> 10:00 Yoga 10:00 Watercolor Class 10:00 Chair Movement <b>11:00 Ask the Officer</b> <b>11:00 Ask the Vet. Agt.</b> 11:30 Upbeats 12:30 Hand &amp; Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:45 Hot Dog Night</b> 7:00 BINGO</p>	<p><b>12</b> 8:30 Aerobics 9:45 Ping Pong <b>12:00 Kimball Day</b></p>
<p><b>15</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</p>	<p><b>16</b> <b>Maine Lobster Bake Trip</b> 8:15 Zumba 8:30 Billiard Players 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 3:30 Ping Pong 4:30 Circuit Training <b>6:00 Book Club</b></p>	<p><b>17</b> 9:30 Bone Builders <b>9:30 Westford Walkers</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club</p>	<p><b>18</b> 8:30 Billiard Players 9:00 Zumba 10:00 Yoga 10:00 Watercolor Class 10:15 Chair Movement 11:30 Upbeats <b>12:00 Northern Bank Lunch</b> 12:30 Hand &amp; Foot <b>1:00 World Peas</b> 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:30 Movie Night</b> 7:00 BINGO</p>	<p><b>19</b> 8:30 Aerobics 9:45 Ping Pong <b>12:00 Ebi's Cookout</b></p>
<p><b>22</b> 9:30 Quilting Club 9:30 Bone Builders <b>9:30 Acorn to Oaks</b> 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</p>	<p><b>23</b> 8:15 Zumba 8:30 Billiard Players 9:00 Yoga 10:00 Watercolor Club 10:00 Chair Movement 10:45 Whole Foods <b>12:00 Golden Civilization</b> 1:00 Bone Builders 3:30 Ping Pong 4:30 Circuit Training</p>	<p><b>24</b> 9:30 Bone Builders <b>9:30 Westford Walkers</b> 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club</p>	<p><b>25</b> 8:30 Billiard Players 9:00 Zumba 10:00 Yoga 10:00 Watercolor Class 10:15 Chair Movement 11:30 Upbeats 12:30 Hand &amp; Foot <b>12:30 Birthday Lunch</b> 1:00 Watercolor Class <b>1:00 World Peas</b> 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:45 Hot Dog Night</b> 7:00 BINGO</p>	<p><b>26</b> 8:30 Aerobics 9:45 Ping Pong <b>12:15 Lunch &amp; Learn</b></p>
<p><b>29</b> 9:30 Quilting Club 9:30 Bone Builders <b>10:00 Picky Place</b> 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</p>	<p><b>30</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 <b>3:00 Farmers Market</b> <b>3:00 Stuff the Jeep</b> 3:30 Ping Pong 4:30 Circuit Training</p>	<p><b>31</b> 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 Camp 5:00 Piano Class 7:00 Train Club</p>		



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Pre-Planned  
Funeral Counseling

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> 8:30 Billiard Players 9:00 Zumba 10:00 Yoga 10:00 Watercolor Class 10:15 Chair Movement 11:30 Upbeats 12:30 Hand & Foot 1:00 Bone Builders 1:00 Watercolor Class 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge 7:00 BINGO	<b>2</b> 8:30 Aerobics 9:45 Ping Pong
<b>5</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>6</b> <b>7:30 Foxwoods</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>7</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>8</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> <b>11:00 Veterans Services</b> 11:30 Upbeats 12:30 Hand & Foot <b>1:00 World Peas</b> 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:45 Hot Dog Night</b> 7:00 BINGO	<b>9</b> 8:30 Aerobics 9:45 Ping Pong <b>12:15 Lunch &amp; Learn</b>
<b>12</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 Billerica Trip</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>13</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 Bahama Breeze</b>	<b>14</b> 9:15 Aerobics 9:30 Bone Builders <b>9:30 Westford Walkers</b> <b>11:30 Representative Cookout</b> 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Room 5:00 Piano Class 7:00 Train Club	<b>15</b> 8:30 Billiard Players 9:00 Zumba 10:00 Yoga 10:00 Watercolor Class 10:15 Chair Movement 11:30 Upbeats 12:30 Hand & Foot 1:00 Bone Builders 1:00 Watercolor Class 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:30 Movie Night</b> 7:00 BINGO	<b>16</b> 8:30 Aerobics 9:45 Ping Pong
<b>19</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>20</b> 8:15 Zumba 8:30 Billiard Players 9:00 Yoga 10:00 Watercolor Club 10:00 Chair Movement <b>10:30 Thrive 7</b> 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>21</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 5:00 Piano Class 7:00 Train Club	<b>22</b> 8:30 Billiard Players 9:00 Zumba 10:00 Yoga 10:00 Watercolor Classes 10:15 Chair Movement 11:30 Upbeats 12:30 Hand & Foot 1:00 Bone Builders 1:00 Watercolor Class <b>1:00 World Peas</b> 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge <b>4:45 Hotdog Night</b> 7:00 BINGO	<b>23</b> 8:30 Aerobics 9:45 Ping Pong
<b>26</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>27</b> 8:15 Zumba 8:30 Billiard Players 9:00 Yoga <b>9:30 Ask the Lawyer</b> 10:00 Watercolor Club 10:00 Chair Movement <b>10:30 Thrive 7</b> 10:45 Whole Foods 1:00 Bone Builders 3:30 Ping Pong 4:00 Aging Mastery 4:30 Circuit Training	<b>28</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>29</b> 8:30 Billiard Players 9:00 Zumba 10:00 Yoga 10:00 Watercolor Class 10:15 Chair Movement 11:30 Upbeats <b>12:30 Birthday Lunch</b> 12:30 Hand & Foot 1:00 Bone Builders 1:00 Watercolor Class 2:00 Whole Foods 3:30 Circuit Training 3:30 Bridge 7:00 BINGO	<b>30</b> 8:30 Aerobics 9:45 Ping Pong

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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  
lynnmroderick@aol.com

#### Hours

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

#### JULY FOOD PANTRY HOURS:

- **Monday: July 8, 22** from 1:30 - 3:30 p.m.
- **Wednesdays: July 10, 24** from 9:00 - 11:00 a.m. and  
**July 3, 10, 17, 24, 31** from 6:00 - 8:00 p.m.
- **Thursdays: July 11, 25** from 9:00 - 11:00 a.m.
- **Fridays: July 12, 19, 26** from 9:00 - 11:00 a.m.
- **Saturdays: July 13, 20, 27** from 9:00 - 11:00 a.m.

#### AUGUST FOOD PANTRY HOURS:

- **Monday: August 5, 19** from 1:30 - 3:30 p.m.
- **Wednesdays: August 7, 21** from 9:00 - 11:00 a.m. and  
**August 7, 14, 21, 28** from 6:00 - 8:00 p.m.
- **Thursdays: August 8, 22** from 9:00 - 11:00 a.m.
- **Fridays: August 2, 9, 16, 23** from 9:00 - 11:00 a.m.
- **Saturdays: August 3, 10, 17, 24** from 9:00 - 11:00 a.m.

### BOARD MEETINGS

**COA Board**— Wednesday, September 11th, at 4 p.m.

**Friends of Cameron** – Thursday, July 11th, at 10 a.m.  
Thursday, August 8th, 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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Pat Reppucci, Vice President  
Chris Kuntz, Secretary  
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George Borrero