

WESTFORD COUNCIL ON AGING NEWSLETTER DECEMBER 2019

OUR MISSION: The Council on Aging promotes physical, emotional, and 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



INCLEMENT WEATHER POLICY

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

HOLIDAY LUNCHEON AT THE WESTFORD REGENCY

Friday, December 13th at 12:00 noon

We are happy to share with you an opportunity to stroll through the Festival of Trees while enjoying the music of our very own 'Upbeats Band' playing many traditional holiday favorites starting at 10:30 a.m. prior to lunch. You will see many beautifully and most creatively decorated Christmas trees, wreaths and gingerbread houses. Please look for our tree and wreath that Karen Bigelow and Pat Lavoie decorated. Once again, we will enjoy the performance of the talented **Westford Academy Honor's Chorus**. Holiday menu: Salad, Chicken Piccata, starch and vegetable, Holiday dessert, tea and coffee. Cost: Friends members \$12 and Non - Friends members \$24. **Reservations are a must by December 3;** call 978-692-5523.

Transportation will be provided just call 978-399-2322 to reserve your van seat. [Dementia Friendly accommodations are available.](#) Please notify the front desk when you sign up.

HOLIDAY BREAKFAST WITH OUR SELECTMEN AND TOWN MANAGER

Wednesday, December 11th at 8:30A.M.

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

[Dementia Friendly accommodations are available](#) Please notify the front desk when you sign up.

LETS RING IN THE NEW YEAR TOGETHER

Tuesday, December 31st at 10a.m.

Join us for a New Year's Eve brunch ! **Donna Dutton** will be preparing ham, eggs, broccoli salad for us as we enjoy our last day of 2019!

Cost will be \$5.00. Please call to sign up. 978-692-5523.

2019 INCOME TAX HELP

Hal Schreiber, our volunteer tax expert, will be back this year to complete 2019 federal and state income tax returns. Dick Severyn will also be back to assist Hal. This free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal has all the federal and state forms that are needed to be filled out– you do not need to bring any blank tax forms or instructions with you. Please look for more info to come in our January / February Newsletter.

SENIORS EIGHT-BALL DOUBLE ELIMINATION TOURNAMENT

Thursday, January 16, 2020.

First game break at 9:30am. First place gets trophy and name on the wall for a year. Coffee and snacks served. Entry fee of \$3 at the event but you must pre-register by 1/13/20 by contacting **Peter Mudgett** 978-692-8383. Limited to 20 players.



A SPECIAL THANK YOU !

On behalf of the COA staff we would like to thank

Tamara Baker, for making individual bags of homemade cookies for our Veterans and loved ones who attended a special breakfast at Forge Village Breakfast Restaurant on Thursday, November 14, 2019. Also, we would like to thank **Jillian Baker**, a teacher, and her students for making personalized cards for each of our veterans. This breakfast was sponsored by the Cummings Foundation, American Legion Post 159 and Forge Village Breakfast Restaurant. A great occasion!

Give a Click!

You can Help

Friends of Cameron

Win a \$1,500 donation!



FROM JEANNE D'ARC CREDIT UNION'S
We Share A Common Thread Foundation

Go to:

www.weshareacommonthread.org/Give-a-Click

and **Vote** for the **Friends of Cameron!**

As the holidays approach...

Your merry staff here at the Cameron want to help share this holiday season with you. So please enjoy the many programs that we offer here at the Cameron. As you already know many of our programs are provided by our very own center members from Bridge on Wednesday afternoon at 3:15, Billiards each Tuesday and Thursday at 8:30 a.m., and train Club on Wednesday nights at 7 p.m., as well as the Upbeats, Ping Pong and so much more. **We truly appreciate the vitality each of you contributes to the Cameron life.** As this year closes, your COA staff want to thank each of you for caring so much about each other and bringing new programs and services to only make our Cameron life better. I hope you will find this month's newsletter full of holiday cheer, opportunity and fulfillment. Best wishes to you all,

Jennifer

COME BE A PART OF THRIVE7



Thrive 7 participants enjoying an evening together at Jim Geraghty's home.

Join certified nutritionist and health coach **Susanne Duato** from **Thrive Health & Wellness** to learn easy and powerful ways to optimize your health. The Thrive 7-Week Health and Wellness Program educates participants on the powerful ways informed choices about food, lifestyle and mindset can prevent disease, overcome common chronic health conditions, and maintain vibrant health for a lifetime. This program will empower you to make healthy choices by giving you the information you need to make informed decisions.

The goal of this program is understand how to build a healthier relationship with food. Past participants report that the consequences of healthier choices include improved digestion, less chronic joint pain and higher levels of energy. Although weight loss is not the primary goal, most report an average weight loss of 8 pounds over the course of the program. Many noted improved blood pressure, lower cholesterol, reduced heartburn and better sleep patterns. And when all those things are moving in the right direction, a more positive mood is more readily achieved and sustained.

Bring a bag Lunch on December 10th at 12:30 pm and learn for yourself how effective and impactful the Thrive 7-Week Health and Wellness Program can be for you. The first 10 participants who sign up for any of our January programs will get 25% off the January registration fee.

FRIENDS

Give a Click! – for Friends of Cameron

Help the Friends of Cameron earn a \$1,500 donation from Jeanne D'Arc Credit Union's We Share a Common Thread Foundation. It'll cost you nothing! Just visit: www.weshareacommonthread.org/Give-a-Click and vote for us. It's that simple! Pass the word on to friends, family & others to vote for us, too. The non-profit organization that receives the most votes will win \$1,500. Do it today!

TAVERN IN THE SQUARE – Fundraiser Lunch!

Monday, Dec. 9, open at 11:30 a.m., The Point, Littleton
Come celebrate the holidays early with friends & family, enjoy a fabulous lunch buffet and help raise funds for the Cameron. Tavern in the Square will donate 15% of the meal proceeds (excl. alcoholic beverages, tax & gratuity) to Friends of the Cameron. Dining for a cause tastes great!

WESTFORD ACADEMY HOLIDAY BAZAAR – DEC 7

Drop by the Friends' booth at Westford Academy's Holiday Bazaar, Saturday, Dec. 7, from 9 a.m. to 3 p.m. Come see what the buzz is all about ~ bring a friend and see what the Cameron crafters have made! You may just find a treasure for someone special (including yourself)!

THANKS TO OUR VOLUNTEERS – You ROCK!

Kudos to our dedicated Trudy's volunteers who regularly sort clothing in the basement, restock the shop with new merchandise, and cheerfully serve customers – plus untold behind-the-scenes volunteers who fix clocks, touch-up china, stain or repair furniture, and prepare items for sale.

Much gratitude to all Cameron quilters, knitters, sewers, crafters and artisans who made hundreds of crafts for our holiday fair booths – plus those tireless volunteers who set-up, staffed the booths, ran errands, and packed-up after the fairs.

We also owe gratitude to those who launched new programs and successfully brought them to fruition, such as the Friends Gift Card Program and restaurant dining-out events. **We thank you all!**

GIFT WRAPPING -- WE'LL DO IT FOR YOU!

Tuesday, Dec. 17 and Thursday, Dec. 19, 9 a.m.- 3 p.m.

Got too many gifts to wrap? Or, just don't like wrapping? Friends' volunteers will gladly wrap your gifts for you, in the Welcome Area. Let us handle this chore for you for a nominal fee -- with proceeds to benefit the Cameron. Our fundraiser will help make your gift giving more fun and hassle-free!

Trudy's Boutique THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

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

HAPPY HOLIDAYS TO ALL!

The Cameron Introduces: Cameron Life-Long Learning Series also called C.L.L.S.

This series of courses will be offered in the summer and winter and will provide four different courses each season that will be taught by local professional, adjunct/retired professors and typically will run between 2-4 weeks long. We are excited to offer some additional learning and enrichment experiences and will be rolling the first four courses out in January and February of 2020. Since these courses will require a commitment of time, we will be compensating our instructors so there will be a fee to participate in the C.L.L.S... FEE structure: one course- \$15, two courses \$25 and/or three or more classes \$30. We realize there will be some excellent courses and we want everyone to have the opportunity to participate so if you feel that this would hinder your weekly or monthly budget please see Alison or Annette because we have our Cameron Buck\$ cards to help with this opportunity. Look for our first C.L.L.S. course offerings in the December newsletter. This program has been made possible from **the Greater Middlesex Bank Charitable Foundation**. *Also, we know there is much talent, skills and wisdom amongst our center population and if you would be interested in teaching a course in this new program offering please let Katie or Annette know because we would love to learn more.*

JANUARY COURSES:

PLANT BASED COOKING

Instructor: Lauren D'Agostino Plant-Based Chef / Intuitive Cooking Coach

Monday, January 6th at 11a.m.

First Class 1 - What is plant-based?

Learn why this term is gaining popularity, create a new shopping strategy, and learn how to avoid common mistakes. Plus learn two new recipes and sample how delicious a healthy meal can be!

Monday, January 13th at 11a.m.

Second Class - Five Components of an Exciting Salad!

Vegans only eat salad, right? Doesn't lettuce get boring? Chef Lauren is a salad building genius and she'll teach you the five essential elements to make salad your new favorite meal!

Monday, January 27th at 11a.m.

Third Class- All About the Protein.

Worried about where your protein will come from if you aren't eating meat? How will you know if you're getting enough? And can vegan meat substitutes really taste the same? Learn why plant-based protein can be the better choice and how you can recreate many of your favorite foods in a delicious cooking demonstration.

DIGITAL PHOTOGRAPHY COURSE

TAKING BETTER PICTURES WITH YOUR DIGITAL CAMERA

Instructor: Steve McGrath

Education: New York Institute of Photography Graduated 1994

Five week course starting: Tuesday, January 7th at 5 p.m.

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from the experts in this seminar for beginners. Bring your camera and learn when and how to use its special features, such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography. Students are encouraged to bring one or two sample prints of your previous efforts to share with other students in our push pin show.



*** PLEASE NOTE: FOR ALL TRIPS. IF YOU DO NOT PAY AT SIGN UP AND THE TRIP BECOMES FULL AND SOMEONE BRINGS IN MONEY YOUR SPOT WILL BE GIVEN TO THAT PERSON !**

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. Cancellation policy is two business weeks prior to the trip or no refund will be available. Please note that if you would like to attend these day trips and you have cognitive and or physical difficulties that require assistance, especially on long days that may require a good amount of walking, please bring a companion with you on the trip. Our trip supervisors are not responsible if anything happens on these trips.

BOSTON POPS

Friday December 13th Cost is \$149

More information to come in the December Newsletter and Flyers can be picked up at the Senior Center. Please Sign up at 978-692-5523.

SPRINGTIME TULIP RIVER CRUISE

April 28-May 6, 2020

Book Now and Save \$500 Per Person

Lower Outside Double Rate \$3,999 p/p

Middle Outside Double Rate \$4,299 p/p

Upper Outside Double Rate \$5,099 p/p

Suite Double Rate \$6,799 p/p

Included in the Price:

Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges,

Hotel transfers and 20 Meals (7 Breakfast, 6 Lunches & 7 Dinners) Trip

Highlights: Amsterdam, 7-Night River Cruise, Volendam, Arnhem,

Middelburg, Ghent, Bruges, Antwerp,

Kinderdijk Windmills, Kukenof Gardens. For more information ask

Katie at krussell@westfordma.gov or 978-399-2330

ROME & AMALFI COAST

September 12-21, 2020

Book Now and Save \$150 Per Person

Double Rate \$4,399 p/p

Single Rate \$5,199 p/p

Triple Rate \$4,349 p/p

Included in the Price:

Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges,

Hotel transfers and 13 Meals (8 Breakfast, 1 Lunches & 4 Dinners) Trip

Highlights: Rome, Colosseum, Montecassino, Amalfi Coast, Sorrento,

Buffalo Milk Mozzarella Factory, Paestum, Pompeii, Winery Visit, Naples,

and the National Archaeological Museum. For more information ask

Katie at krussell@westfordma.gov or 978-399-2330

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

WEDNESDAY LUNCH Dementia Friendly accommodations are available. Please notify the front desk when you sign up. 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.

Wednesday, December 4th - Shepard's Pie

Wednesday, December 11th - No Lunch - due to Holiday Breakfast

Wednesday, December 18th - Tacos

Wednesday, December 25th - No Lunch- Merry Christmas

BIRTHDAY CELEBRATION

Thursday, December 19th at 12:30 p.m.

Come celebrate the December Birthdays! Lunch is followed by cake and ice cream which will be sponsored by Keller Williams. Lunch will be prepared by the Nashoba Tech. students in the culinary art program "The Elegant Chef". Please call in advance to register at 978-692-5523.

Cost is \$5 and birthday celebrants are free.

December Meal Choice -Beef Stroganoff

Dementia Friendly accommodations are available. Please notify the front desk when you sign up.

EKARU CYBER SECURITY LUNCH

Thursday, December 12th at 12:00p.m.

Ann from Ekaru will be talking about Cybersecurity and how it is affecting all of us. She will be talking about it on a consumer level not a business level. For example, how to stay safe while being on line. Or the importance of strong passwords and never using the same one twice. Cost of the Lunch will be \$3.00 sign up at 978-692-5523.

RESTAURANT REVIEW

Wednesday, January 29th at 11:30 a.m.

We will not be gathering at a restaurant for lunch in December due to the holidays but are resuming in January. Be sure to mark your calendars for our next outing on **Wed. January 29th at 11:30 am at Seoul Kitchen 142 Littleton Rd, Westford.** Call 978-692-5523 to sign up for reservations. When you arrive you can check in under "Westford Senior Center". Bon Appétit.

ELEGANT CHEF LUNCHEON: Dementia Friendly accommodations are available. Please notify the front desk when you sign up.

Monday, December 16th at 11:30 a.m.

Enjoy this three-course meal prepared and served by the culinary art students from Nashoba Tech's Elegant Chef program. RSVP must be three business days notice at 978-692-5523. **The cost is \$10.**

December menu selections: Grilled Salmon, or Grilled Pork

Tenderloin topped with an apple brandy sauce

THRIVE HEALTH & WELLNESS PRESENTATION

Tuesday, December 10th, 12:30pm

Living a healthy life doesn't happen by accident. It begins with good genes, but depends on good habits. Science tells us that when we adopt the right lifestyle we can increase our longevity and vitality tremendously. Yet understanding what to do and how to do it has become incredibly complicated. Let certified nutritionist and health coach Susanne Duato from Thrive Health & Wellness Inc. teach you the 7 most important pillars to living a healthy vibrant life and the top tips you can implement immediately to transform the way you feel. Because when you feel great, you live more!! If you haven't signed up feel free to bring a bag lunch with you but please RSVP to 978-692-5523. **SPOTS ARE LIMITED!**

55+ EARLY EVENING PROGRAMS:

BEGINNER'S LINE DANCING**Tuesday nights, 5:15-6:00 p.m.**

Line Dancing is ongoing so simply come and pay as you go! It's \$5.00 per class paid directly to the instructor. Enjoy 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. Any questions call 978-692-5523.

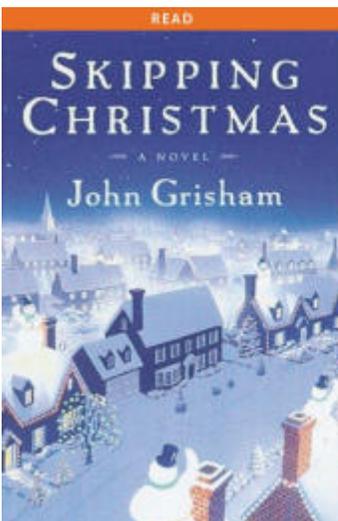
EVENING ROAD TRIP TO RESTAURANT**Tuesday, December 10th, 5:00 – 7:30 p.m.**

Our December night road trip will be to Burton's Grill & Bar,
1 Cornerstone Square, Westford.

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.

**BOOK CLUB****Tuesday, December 17th at 6:00 p.m.**

For December our book club will be having a small holiday party and watching the lighthearted movie *Christmas with the Kranks*, which is based on the novel we read, *Skipping Christmas* by John Grisham. We will distribute books that night for our January read.

**BINGO/HOT DOG/BURGER****Tuesday, December 12th, 4:45-6:00 p.m. - CHANGE!**

For the winter months we will be serving only on the 4th Thursday of the month. In May we will go back to the 2nd & 4th Thursdays of the month. A hot dog, chips, drink and dessert setup for \$3.00. A hamburger set up is \$4.00 and it is \$5 for a hotdog and burger combo. Simply pay at the front desk when you arrive. Bingo starts at 7:00. *Please do not arrive earlier than 4:45 because a Circuit Training Class will be in the room from 3:30 to 4:30. Thank you.*

**MOVIE NIGHT****Thursday, December 19th at 4:30 p.m.**

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie and light meal are offered for \$3.00. December's movie showing will be the comedy *Elf*. Buddy (Will Ferrell) was accidentally

transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Please call 978-692-5523 to sign up 3 days prior to the movie for food shoppers.

PICTIONARY NIGHT**Tuesday, January 28th, 5:30-7:30 p.m.**

Be sure to save the date for a fun night. Teams will attempt to guess the word that is being drawn. You don't need to be a great artist to play; all you need is "creative drawing" skills! \$3.00 per person for light refreshments, prizes and a night of laughs! Sign up at 978-692-5523.

QIGONG & TAI CHI – 3 Sessions**Oct. 3rd – Jan. 30th, 7:00 p.m.**

Self-Care Investments Qigong and Tai Chi synchronize slow flowing movements, rhythmic breathing, and a calm, present state-of-mind, to help you reduce stress, improve balance, expand range-of-motion, and strengthen the immune system. Each session meets once a week for four weeks.

Time: 7:00-8:00 p.m. Fee: \$50 Resident, \$60 Nonresident Location. Westford Instructor: Dave Crocker of Cultivating Qi. Register with Westford Parks & Rec Dept, 978-692-5532.

**COA TRANSPORTATION SERVICES
FOR SENIORS 60+ AND THE DISABLED
SPECIAL SHOPPING:**

Saturday Christmas shopping at Pheasant Lane Mall.
Please call Chuck at 978-399-2322 if interested



Starting in January we will be offering a Saturday Cornerstone Market Basket run. Please call Chuck at 978-399-2322 if interested.

COA Transportation Services offers rides for disabled and/or residents age 55+ For rides: call Chuck at 978-399-2322
Please remember we request a 48-hour advance notice.

New transportation services:

Do you need weekend or after-hour transportation for around Town needs? If so, we have an **Uber gift card program** that is available to older adults (age 55 plus) who do not have a transportation option and/or are not comfortable driving in the evening hours. To participate in this program we ask that you sign a liability waiver, and call Chuck at 978-399-2322 with a 24-48 hour notice requesting an Uber gift card. To use this program you must have access to a smartphone or computer. If you would like to participate in this program, we will be glad to help get you started. A \$3 fee will be billed to rider to help sustain and meet our increasing transportation needs. **This Uber ride program is funded in partnership with the Greater Lowell Community Foundation.**
Introduction to a Pilot program offering medical rides.

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.

MOBILE LIBRARY

Do you miss visiting the library? Do you lack transportation? Let Fletcher Library come to you! I can bring you books, movies, magazines and more. They also have 6 new kits care partners can check out to reminisce and maintain connections and stimulation for folks living with dementia. Please call Judy Madsen, Homebound Coordinator at 978-399-2301.

Happy 
Hanukkah

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

Wednesday, December 4th at 6:30 p.m.

1st 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.

HEARING SCREENING

Monday, December 9th at 9:30 a.m. Dr. Megan Ford from HearSmart Audiology of Littleton and Dr. Julie Breault, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978-692-5509.

ASK THE REALTOR

Monday, December 2nd 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, December 2nd 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.

WESTFORD HEALTH DEPARTMENT OFFERS:

BLOOD PRESSURE & MORE

Tuesday, December 10th 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.

ASK THE OFFICER

Thursday, December 12th at 11a.m.

Westford Police Department Family Services Detective Niris Nicoletti will be available for consultation the 2nd Thursday each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

VETERANS SERVICES

Thursday, December 12th 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 ANNETTE—TAX RELIEF HELP!

Wednesday, December 18th 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 3rd 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.

ASK THE LAWYER

Tuesday, January 7th 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.

PODIATRY CLINIC

Monday, December 30th

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



FUEL ASSISTANCE (LIHEAP) APPLICATIONS

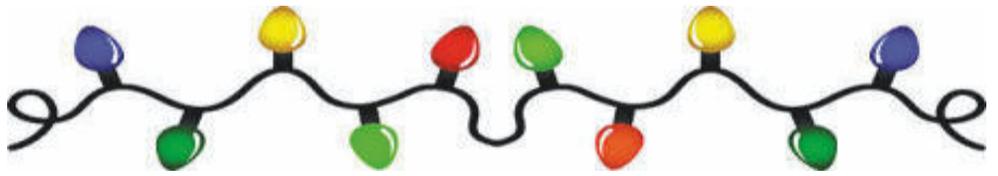
We are continuing to assist people with applying for fuel assistance. Previous LIHEAP recipients have received a renewal application in the mail from CTI. Complete it as soon as possible. If you have struggled with heating costs and would like to apply for fuel assistance for the first time this year, Call Alison at 978-399-2325 or Annette at 978-399-2326 for an appointment. Eligibility is based on gross yearly income less than \$37,360 for households of 1 and \$48,855 for households of 2. We can also help with renewal applications and questions about the program guidelines.



HOME MODIFICATION LOAN PROGRAM

(HMLP) Since 2000, the HMLP has made loans that have helped over 3,000 Massachusetts households finance projects that help homeowners and small landlords to fund necessary changes to keep disabled or elderly family members in their own homes and communities. Project examples include ramps, lifts, bathroom and kitchen adaptations. This is for households at or below a gross income of 200% area median income. These are no interest, deferred payment loans. If you are interested in learning more, call Alison at 978-399-2325.

SOCIAL SERVICES NEWS



WHAT IS OUTREACH? By: Annette, Outreach Coordinator

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

FALL YARD CLEANUP THANK YOU!

Sincere thanks to our Fall Cleanup Volunteers, many scout groups, church groups, local business Ribbon and WA students. A very large thank you to the Concord Gaining Ground program that gave us 27 weeks of fresh vegetables. Lastly, a big thank you to Ken Clough for his dedication to a very creative and successful 2nd trivia night. Our wonderful volunteers bring much joy to our seniors, thank you!

SAND BUCKETS

If you are in need of a free bucket of sand to be delivered to your home for the coming winter months please call 978-692-5523.

SNOW REMOVAL

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

PROPERTY TAX EXEMPTIONS – Are you eligible?

The town of Westford has several property tax exemptions for residents: the low income, blind, disabled, veterans and more. You may be eligible for a tax break and if you are interested in learning more about your options call Annette for an appointment to review them at 978-399-2326.

DEMENTIA FRIENDLY WESTFORD COMMITTEE

Dementia Friendly Westford is working on our calendar of educational events for 2020. Is there a topic of interest that you'd like us to pursue? Questions you have about dementia that you want to learn more about? Call Alison and we will work with our group to plan events. You can now visit our website for information, resources, and activities at www.dementiafriendlywestfordma.org. Anyone who is interested in attending meetings or offering input, call Alison at 978-399-2325 to be put on our email distribution list. We are especially interested in input from PEOPLE LIVING WITH DEMENTIA AND THEIR CARE PARTNERS. We will be starting to designate senior center activities that are dementia friendly with a purple notation at the end. If you plan to attend with an individual living with dementia, please let the front desk know when you sign up so that we can accommodate you properly.



Connecting to
What Matters
That's the Benchmark
Difference.

Call today to learn about
our Mind & Memory
approach and Respite
by Day program.
978.203.5951

The Atrium
at Drum Hill

A Benchmark Senior Living Community
for the Memory Impaired

2 Technology Drive
North Chelmsford MA
AtriumAtDrumHill.com



BRIAN MURPHY
itman
In-home Mac or PC Help
Hardware & Software Install
Training | Upgrades
Virus & Malware Removal
Brian@The-IT-Man.com
978-369-3348 | WWW.THE-IT-MAN.COM

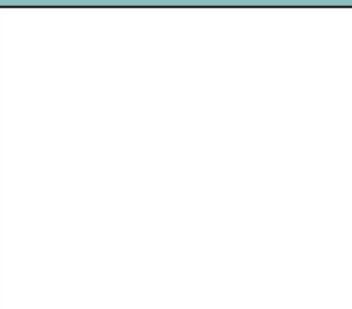
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30 Quilting Club 9:30 Bone Builders 10:00 Ask the Realtor 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio 12:30 SHINE 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong</p>	<p>3 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:00 Watercolor Club 10:00 Chair Movement 10:15 Upbeats 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Ping Pong 3:30 Tech Help with Vamsi 5:15 Line Dancing</p>	<p>4 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 6:30 Alz.Spt. Group 7:00 Train Club</p>	<p>5 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:00 Chair Movement 10:15 Yoga/ Pilates 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:15 Bridge 5:00 Piano Class 7:00 Qigong</p>	<p>6 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p>9 9:30 Quilting Club 9:30 Bone Builders 9:30 Hearing Screening 10:30 Mature Movers 10:45 Whole Foods 11:30 Tavern in the Square 12:00 Open Art Studio 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong</p>	<p>10 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 9:00 Blood Pressure & More 10:00 Watercolor Club 10:00 Chair Movement 10:15 Upbeats 10:45 Whole Foods 12:30 Thrive Presentation 1:00 Bone Builders 2:00 Writing Class 3:30 Ping Pong 3:30 Tech Help with Vamsi 5:00 Road Trip- Burtons 5:15 Line Dancing</p>	<p>11 8:30 Holiday Breakfast 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club</p>	<p>12 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:00 Friends Board Meeting 10:00 Chair Movement 10:15 Yoga/ Pilates 11:00 Ask the Officer 11:00 Ask the Vet Agt 12:00 Ekaru Lunch 12:30 Hand and Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:15 Bridge 4:45 Hot Dog night 5:00 Piano Class 7:00 BINGO 7:00 Qigong</p>	<p>13 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong 10:30 Holiday Lunch Regency Boston Pops Trip</p>
<p>16 9:30 Quilting Club 9:30 Bone Builders 10:30 Mature Movers 10:45 Whole Foods 11:30 Elegant Chef 12:00 Open Art Studio 1:00 T'ai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong</p>	<p>17 8:15 Zumba 8:30 Billiard Players 9:00 Gift Wrapping 9:00 Gentle Yoga 9:00 Blood Pressure 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 5:00 Burtons 5:15 Line Dancing 6:00 Book Club</p>	<p>18 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 10:30 Ask Annette 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club</p>	<p>19 8:30 Billiard Players 9:00 Gift Wrapping 9:00 Zumba 9:00 Chair Yoga 10:15 Yoga/ Pilates 10:15 Chair Movement 12:00 Birthday Lunch 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:15 Bridge 4:30 Movie Night 5:00 Piano Class 5:45 Yoga 7:00 Qigong</p>	<p>20 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p>23 9:30 Quilting Club 9:30 Bone Builders 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong</p>	<p>24 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:00 Watercolor Club 10:00 Chair Movement 10:15 Upbeats 10:45 Whole Foods Center Closes at 12:00</p>		<p>26 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:15 Yoga/ Pilates 10:15 Chair Movement 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 3:30 Circuit Training 3:15 Bridge 5:00 Piano Class 7:00 Qigong</p>	<p>27 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p>30 9:30 Podiatry Clinic 9:30 Quilting Club 9:30 Bone Builders 10:30 Mature Movers 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>31 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:00 New Years Brunch 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:45 Whole Foods Center Closes at 12:00</p>	<p>Center Closed Due to the Holiday</p>		



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THE KINDNESS PROJECT!

Many of you may be aware of the TV couple Chip and Joanna Gaines who do home remodels and have a line of goods at Target. Chip has recently written an article titled, "We Believe in Human Kindness" encouraging folks to focus on more daily acts of kindness and the staff here at the Cameron are taking this on. You will see posters and strung heart tags around the building with suggestions and images about Kindness. We encourage you to add to our new décor and help us spread the word. What kind thing have you done today? Kindness is Contagious ... Catch it! Any questions or interest in participating see Annette or Martha.

VOLUNTEERS NEEDED!

We are looking for several volunteers to help some of our seniors with grocery shopping on Wednesdays.

The morning shift runs from 8:45 to 11:30 and the afternoon shift from 12:45 to 3:00.

The volunteer will ride the van with the seniors, and carry their groceries just inside the home.

Please call Martha at 978-399-2324 if interested.

FRIENDS OF THE CAMERON SENIOR CENTER DONORS 2019

Thank you to all the individuals, families and businesses who contributed to our 2019-2020 campaign. We apologize for any names we overlooked.

We continue to accept tax-deductible donations made out to the "Friends of Cameron" and mailed to P.O. Box 2223, Westford.

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- Members of the Friends of the Cameron Senior Center receive complimentary monthly newsletters as a part of 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/

Westford Food Pantry

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

Hours

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

DECEMBER FOOD PANTRY HOURS:

- **Mondays: December 2, 16** from 1:30 - 3:30 p.m.
- **Wednesdays: December 4, 18** from 9:00 - 11:00 a.m. and
December 4, 11, 18 from 6:00 - 8:00 p.m.
- **Thursdays: December 5, 19** from 9:00 - 11:00 a.m.
- **Fridays: December 6, 13, 20, 27** from 9:00 - 11:00 a.m.
- **Saturdays: December 7, 14, 28** from 9:00 - 11:00 a.m.

BOARD MEETINGS

COA Board— No Board Meeting in December

Friends of Cameron – Thursday, December 12th, 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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