

WESTFORD COUNCIL ON AGING NEWSLETTER JANUARY / FEBRUARY 2020

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.

WESTFORD SPECIAL NEEDS EMERGENCY REGISTRY:

Please remember that the senior center is no longer keeping a storm emergency call list for those people who signed up in the past. Instead, we are part of a more comprehensive effort with Emergency Management and the Westford Health Department. If you have a disability, chronic condition, or special healthcare needs that could be impacted in a weather emergency, call the Westford Health Department to complete a registration form and be added to the list. We can help you complete the form if needed.

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.

THE ART OF BASKET WEAVING – Jan. 24th, 11:00 – 2:00 pm

You are invited to this indigenous basket weaving workshop. Watch and learn the delicate techniques of weaving hand-crafted baskets. You will work with varied materials and learn the history of this fine art. All materials are supplied for this 3 hour workshop. If the program is well received, we may continue it into a weekly series of classes to have more time to complete projects. **The cost is \$15** for Westford residents and \$35 for non residents. Remember, you can use your Cameron Bucks for this class. Sign up by Fri. Jan. 17th at 978-692-5523.

THRIVE HEALTH & WELLNESS: 7 Week Nutrition Program starts at the Cameron on Jan. 14th

Day session from 10:30—12:00 and Evening session from 6:00-7:30

Nutritionist Susanne Duato welcomes you to discover the powerful effects of food on your body, mind and spirit. Learn how to lose weight, gain energy, prevent illness and promote healing of common chronic diseases. This program will educate and empower you to make healthier choices in a flexible and fun way. Members will receive all materials and resources with registration as well as supportive weekly emails. Cost is \$50 per participant. This is a great value, as the list price for the program is \$200. Sign up at 978-692-5523 by Fri. Jan. 10th.

Did You Know that the next National Census is happening in 2020?

Once a decade, America comes together to count every resident in the United States, creating national awareness of the importance of the census and its valuable statistics. The decennial census was first taken in 1790, as mandated by the Constitution. It counts our population and households, providing the basis for reapportioning congressional seats, redistricting, and distributing more than \$675 billion in federal funds annually to support states, counties and communities' vital programs impacting housing, education, transportation, employment, health care and public policy. We will be hosting online help with completing your census on **Friday, March 13th from 10-2 and on April 14th from 4-7 pm**. Any questions feel free to call Annette at 978-399-2326.

Sweetheart Luncheon- Hooray for Hollywood! with Lisa Yves

Wednesday, February 12th at noon

Lisa Yves with her show Hooray for Hollywood, when she pays tribute to 84 years of the best movie songs from 1935-2019, from Charlie Chaplin to A Star is Born. Lisa was accepted to NYU's Tisch School of the Arts, sharing classes and dorms with Adam Sandler and Philip Seymour Hoffman. Lisa finally got her dream of being in New York City but wasn't totally satisfied. The more she studied drama, the more she wanted music. Lisa had discovered the Great American Songbook records with Ella Fitzgerald and Sarah Vaughan and that became her passion. She transferred to the music department and became the first female jazz vocal major. All this time, Lisa had been writing her own songs since age 12. Lisa is a prolific writer and once she discovered chord progressions, there was no stopping her. Come enjoy this fabulous opportunity to hear an incredible musical talent, Lisa Yves. Lunch will include baked ziti and meatballs, salad, garlic and chocolate mousse cake with chocolate dipped strawberries from Sorento's.

Thanks to our sponsors: Westford Family FunFest, Friends of the Cameron Senior Center, Council on Aging Board, Enterprise Bank, RiverCourt Residences, Westford Rotary Club, the cost of this event is just **\$3 per person**. Please call the COA to reserve your seat, by noon on Monday, February 3rd. Van service will be available so call Chuck at 978-399-2322 to confirm your ride. **Snow date is Friday, February 21st.**

Directors Report ...

Recently, I read a report in the Boston Globe titled, "Some Massachusetts Senior Couples Pained to Afford Basics".

"Some of the same things that make Massachusetts a good place for younger children to get jobs are also driving up the cost of housing for seniors," stated Jim Mutchler, director of the institute's Center for



Social and Demographic Research on Aging. About 300,000 seniors in MA. are considered economically insecure, according to the UMass Boston Index. The cost of living for older adults in MA. range from \$26,220 to \$39,408 a year for a single person and \$38,424 to \$51,612 for a couple. As I was reading this article, I thought about our role at the COA, what we are doing, and should we be doing more? Over the last three months the Town has provided support for three new housing projects that will begin to help address the need for truly affordable housing.

The housing projects include 21 and 23 Carlisle Road which will provide seven units of supportive housing for adults age 62+ who are facing housing hardships or simply transitioning to housing with needed supportive services. The developer, Scott Clark, was recently awarded \$815,000 through a competitive funding program called Community Scale Housing Initiative administered through the Department of Housing and Community development. This funding would not have been possible without the support of Westford's Community Preservation Committee and Town residents. We are thrilled with the addition of this housing development and we hear it will be named in honor of Westford Resident, Nancy Cook. Also, with Town Meeting approval the Helena Crocker Residences will become a reality and twelve apartments will be built restricted to tenants making 30% of Area Median Income. Supportive housing services will be offered through Chelmsford Housing Authority/CHOICE to assist residents with social services and/or other measures to support residents housing needs. Each of these housing developments will provide a 70 percent Westford preference. We will keep you posted on lottery information in the coming months.

We are pleased with the Board of Selectman approving the recommendation from the 35 Town Farm Road Task Force which states, "Re-purpose 100% truly affordable senior housing (below 50% of Area Median Income - \$37,000 for a one person household and \$43,050 for a two person household. Provide a new home for the Westford Food Pantry through historic preservation. BOS approved extending the service terms the of 35 Town Farm Committee Members which include: deputy Fire Chief Dan Britko, Lynn Cohen, Nancy Cook, David Gutbrod, Wanda Hall (resigned in Sept. 2019), Ellen Harde, Scott Hazelton, Roberta McGuire, George Murray, Bob Waskiewicz. We will continue to support the efforts of this Task Force and are hopeful to continue to ensure our older adults live and afford this place they call home, Westford. As your director, I do understand the challenges that face our older adult community. I invite you to join me in the Cameron library on **Thursday, January 23rd at 11:00 AM** and share your concerns about affordability, services and ideas on how we can reduce economic insecurity for a more stress free lifestyle for the older adults in town.

Jennifer

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.

THERE IS ALWAYS SOMETHING TO BE THANKFUL FOR...

On behalf of the Cameron and the 216 participants who attended the **21st Annual Jim Geraghty and Friends Thanksgiving Dinner** on Sunday, November 24th we would like to thank Jim, may volunteers and Westford Academy for making this favorite holiday event possible for so many to enjoy.

A grateful thank you to the **Westford Retired Fire Fighters Association, American Legion Post 159** and the **Franco-American Club** and many generous volunteers who made the Ham and Bean Supper such a fun occasion we do not like to miss here at the Cameron. Thank you for cooking a delicious ham and bean dinner and for all the fun door prizes.

Mike and Kathleen Marchioni, we appreciate your continued financial generosity ensuring our older adults have their most basic needs met.

First Place in the Wreath Category for this year's Westford Festival of Trees sponsored by the Westford Family Funfest went to the Cameron!! We would like to thank **Patricia Lavoie** for making our beautiful wreath entry. **Karen Bigelow and Patricia Lavoie** did us very proud by tying for first place with the J.V. Fletcher Library in the tree decorating category. Our theme was *Natures View* and it was beautifully decorated with many natural handmade ornaments. A wonderful and thank you Pat and Karen.



Rev. Dr. Seok-Hawn from the United Methodist Church provides an incredible opportunity to Write One's Story into a book. Over twenty class participants have been inspired to finally write their own story for many to enjoy, and many will soon have their book bound. This opportunity came about when Rev. Seok-Hawn came to the Cameron to offer this program which thrilled our program coordinator, Katie Russell. For close to 24 weeks, participants met with Rev. Dr. Seok Hawn and engaged in exercises to help them recall their early memories. I spoke with two class participants, one of whom was Ken Hyle, who stated, "I remember the first exercise - he asked everyone to think back at the house you grew up in and what did that look like?" Hyle continued by visiting each room in his family home and recounted memories and one was a painting his father did of the Last Supper hanging in the dining room. Another memory was in the kitchen where he saw his mom cooking and doing the laundry. Hyle smiled and said "I would have not written my story if Pastor had not taken me back and given me an opportunity to just write." Mickey Crocker added, "Pastor's enthusiasm urged us to really define who we were and are now for our grandchildren- a most enjoyable and enlightening class."

The Cameron Introduces: Cameron Life-Long Learning Series also called CLLS 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. There will be some excellent courses and we want everyone to have the opportunity to participate. If you feel that the cost would impact your weekly or monthly budget, please see Alison or Annette. We have our Cameron Buck\$ cards to help with this opportunity. This program has been made possible from **the Greater Middlesex Bank Charitable Foundation**. *Also, we know there is much talent, skill, 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.*

JANUARY & FEBRUARY COURSES:

PLANT BASED COOKING

Instructor: Lauren D'Agostino

Plant-Based Chef / Intuitive Cooking Coach

Monday, January 6th at 2 p.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 2 p.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 2 p.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.

LINCOLN'S AMERICA

Instructor: Dr. Gary Hylander

Thursdays February 6th, 13th, and 20th at 2p.m.

Each course will be focused on different major events that happened in Lincoln's life and his assassination.

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.

ACRYLIC & OIL STUDIO COURSE

Instructor: Paula Mingoelli

Thursday January 30th and Thursdays February 6th, 13th, and 20th at 10:30a.m.

This course is designed for intermediate acrylic and oil painters. The instructor will assist with composition, color, values, and painting technique. Designed as a "studio class", students will bring their own supplies and the instructor will provide guidance and suggestions as students work on their own independent projects.



**PLEASE NOTE OUR TRIP POLICY:
IF YOU DO NOT PAY AT SIGN UP AND THE TRIP BECOMES FULL, YOU CAN/WILL LOSE YOUR SPOT IF SOMEONE WHO SIGNS UP LATER PAYS FOR THE TRIP BEFORE YOU DO!**

DAY BUS TRIPS

Call 978- 692-5523 for reservations and information. Payment is due at sign up for all trips. Make 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. You must cancel two business weeks prior to the trip or no refund will be given. Please note that if you would like to attend a day trip and you have cognitive and or physical difficulties that require assistance, especially on long days that may require a good amount of walking, you should bring a companion with you on the trip. Our trip supervisors are not able to provide extensive assistance and are not responsible if anything happens on these trips.

All Day Trips for the year will be announced in the March Newsletter

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 LUNCHESES 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.

- Wednesday, January 8th - Pork Loin
- Wednesday, January 15th - Baked Potato Bar
- Wednesday, January 22nd - Tuna Salad Sandwiches & Soup
- Wednesday, January 29th - Ham
- Wednesday, February 5th - Beef Stew
- Wednesday, February 12th - Sweetheart Luncheon
- Wednesday, February 19th - Chicken Cacciatore
- Wednesday, February 26th - Meatloaf

BIRTHDAY CELEBRATION

- Thursday, January 30th at 12:30 p.m.
- Thursday, February 27th at 12:30 p.m.

Come celebrate the January and February Birthdays! Lunch is followed by cake and ice cream which will be sponsored by Keller Williams. Lunch is 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.

- January Meal Choice—Spaghetti & Meatballs
- February Meal Choice— Chicken Picata

RESTAURANT REVIEW

Wednesday, January 29th at 11:30 a.m. at Seoul Kitchen 142 Littleton Rd, Westford, and Wednesday, February 26th at 11:30 a.m. at Dream Diner, 384 Middlesex Rd, Tyngsboro.

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.

ELEGANT CHEF LUNCHEON:

Monday, January 6th at 11:30 a.m. Monday, February 3rd 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. You must RSVP with at least three business days notice at 978-692-5523. **The cost is \$10.**
January Meal Choices - Stuffed Chicken Florentine or Haddock
February Meal Choices -Pork Tenderloin or Baked Haddock Newburg

MENS BREAKFAST Sign up at 978-692-5523

January 14th at 8am: Cameron 2020! Come Learn about the upcoming things Happening at the Cameron Senior Center this year will be some of the Senior Center Staff and Bridges by Epoch.

February 11th at 8am: George Kinder will be having a conversation regarding Golden Civilization

WOMANS BREAKFAST: Sign up at 978-692-5523

Monday, January 13th at 9am Facials with Katie

Monday, February 10th at 9am Meet the Author of You You Me You our very own Jayne Mattson

LUNCH AND LEARN Sign up at 978-692-5523

Friday, January 10th at 1:00 p.m. Cameron 2020! Come Learn about the upcoming things Happening at the Cameron Senior Center this year will be some of the Senior Center Staff and Bridges by Epoch. Lunch provided by Bridges. **Friday, Feb 14th at 12:15 p.m.** A presentation on herbal supplements and the dangers of taking them with prescription medication by Dr. Shirley Shen, RPH

55+ EARLY EVENING PROGRAMS:

Pre-BINGO Dinner- 1/23 & 2/27 4:45-6:00 pm - CHANGES!

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. With the winter upon us, we will be offering heartier meals. January's meal will be sausage, peppers, and onions with rice and dessert for \$5. February's meal will be spaghetti and meatballs with garlic bread, and dessert, for \$4. Hot dogs and hamburgers will return for the warmer months.. Simply pay at the front desk when you arrive. Bingo starts at 7:00. **Please do not arrive earlier than 4:45 because a class is in the room until 4:30. Thank you.**

BOOK CLUB 1/21 & 2/18, 6:00

Join us for thought provoking discussions. At our January gathering will be discussing *The Nightingale*, the historical fiction by Kristen Hannah. In February our read is the classic *To Kill a Mockingbird* by Harper Lee. Please call to sign up at 978-692-5523 and see Annette for a book.

MOVIE NIGHT 1/16 & 2/20 - 4:30 pm

On the 3rd Thursday of every month from 4:30 – 6:30 p.m. a movie and light meal are offered for \$3.00. January's movie showing will be *The Upside*, a true comedy drama starring Bryan Cranston and Kevin Hart. February's movie will be *A Beautiful Day in the Neighborhood*, starring Tom Hanks. Please call 978-692-5523 to sign up 3 days prior to the movie for food shoppers.

PICTIONARY NIGHT – Tues. Jan. 28th, 5:30-7:30

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 a little "creative drawing" skills! \$3.00 per person for light refreshments, prizes and a night of laughs! Sign up at 978-692-5523.

SUICIDE PREVENTION – Talking Saves Lives; Feb. 25th, 6:30 -7:30 pm

Join us for this free and very important presentation by Lowell General Hospital. Sadly, this topic impacts many folks of all ages. Come learn the leading causes, the most up-to-date research on prevention, and what we can all do to fight suicide. Participants will learn the common risk factors for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe. Suicide can be prevented. Please sign up at 978-692-5523 by Wed. 2/19.

CIRCUIT TRAINING – Starts Jan. 16th, 3:30 pm.

Sign up now for the next 8 week circuit training session on Thursdays 3:30-4:30. This is a group "personal training" class with folks working at their own pace on specific exercises geared towards your goals and health concerns. With the help of an instructor, you will learn cardiac and strengthening exercises as well as flexibility, coordination and balance exercises that are customized to your level of fitness. The cost is \$40. Residents and \$50. for non residents. Please call 978-692-5523 to sign up.

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.

New Year New Me with Circular Tai Chi, starts Jan. 9th, 7:00 pm

YangTao™ Tai Chi – Short Form – Circular is a health form of tai chi adapted from the martial arts Tai Chi – Chi Kung. It has a circular pattern with a total of 13 unique moves, many repeated multiple times. This moving meditation synchronizes slow flowing movements, deep rhythmic breathing and an in-the-moment state-of-mind to bring the mind & body into energetic balance which enhances your natural ability to heal. This tai chi form improves sleep, stress management, immune system strength, flexibility and range-of-motion. Register at www.westfordrec.com or call Westford Parks & Rec Dept, 978-692-5532.

2019 Income Tax Help

Hal Schreiber, our volunteer tax expert, will be back this year to complete your 2019 federal and state income tax returns. Due to the large number of tax returns being prepared at the Senior Center, Dick Severyn will also be back to assist Hal. This is a free service sponsored by your Senior Center and there are no age or income limits. Please call the Senior Center at 978-692-5523 to schedule an appointment. Hal has all the federal and state tax forms that are needed to be filled out – you do not need to bring any blank tax forms with you.

What to bring with you:

- Your 2018 federal and state tax returns
- Form MA 1099-HC. It is very important to bring this form since the insurance company's name, tax identification number, and your subscriber number has been entered on your Massachusetts tax return.
- Form 1095-A, Form 1095-B, Form 1095-C (they pertain to health insurance). If you received any of these forms, it is very important to bring them with you.
- W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc.), Schedule K-1s, 1098s, etc
- The amount and date of any federal and state estimated tax payments you made for 2019.
- If you pay rent for your main residence, bring the amount you paid in 2019 (some or all is deductible on your Massachusetts tax return).
- All property tax bills you paid in calendar year 2019 for property not located in Westford.
- If you or your spouse is age 65 or older and your main residence is not located in Westford - all water/sewer bills you paid in calendar year 2019.
- Car, boat, personal property excise tax bills that you paid in 2019.
- If you sold any stock or bonds - the date you bought the stock or bond and the amount you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
- If you have any mutual funds - any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares - the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).
- Medical and Dental expenses – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aides and eyeglasses. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately.
- Charitable contributions. - total your cash/check/credit card contributions (do not include any political contributions). For property contributions - the date of the contribution, estimated fair market value of the property, and the name and address of the charity receiving the property. If you donated a car, it is very important that you bring the paperwork/form you received from the charity.

Trudy's Boutique THRIFT SHOP

MONDAY – FRIDAY: 9 A.M. – 3 P.M.

CLOTHING, HOUSEHOLD GOODS, DÉCOR, JEWELRY

~ ALL AT AFFORDABLE PRICES ~

COA TRANSPORTATION SERVICES FOR SENIORS 55+ AND THE DISABLED

SPECIAL SHOPPING:

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 require 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.**

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, knee scooters, 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. We 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.



NEW CLASS



WATER AEROBICS CLASS

Wednesdays at 10:15 a.m.

Instructor: Diane Grey **Cost: \$25 for 4 weeks**

Our Aqua Aerobics class is an hour long high energy class with a community feel to the group. The class will start with 5 minutes of warm-up and stretching. Then you will go into 20 -25 min aerobic portion to get the heart rate up. Students will use bar bells for an arm workout by using the resistance of the water to build muscle and tone the arms. The class can be modified for anyone with hand/wrist/shoulder problems. Buoyancy belts and noodles, are available for going to the deep end of the pool to work on range of motion. People who are uncomfortable in deep water, can stay in the shallow section if desired. The class finishes with 8-10 minutes of stretching and cool down exercises. **Please sign up at 978-692-5523.**

ALZHEIMER'S & RELATED DEMENTIAS

CAREGIVER SUPPORT GROUPS

Wednesday, January 8 and February 5 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, January 13 and February 10 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, January 13 and February 10 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, January 13 and February 10 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, January 14 and February 11 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, January 9 and February 13 at 11a.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.

VETERANS SERVICES

Thursday, January 9 and February 13 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—PROPERTY TAX RELIEF HELP!

Wednesday, January 15th and February 19th

Are you legally blind or receive Social Security Disability or have a Veteran service-connected disability than you may be eligible for some property tax relief? Call Annette to make an appointment at 978-399-2326.

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, February 24th

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

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

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.

GOOD NEIGHBOR ENERGY FUND

The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is *not eligible for state or federal energy assistance*. This is a good program for people who don't qualify for LIHEAP, but have a recent hardship situation. If you are interested in applying, call Salvation Army Lowell at 978-458-3396 or call Alison or Annette for assistance with a referral.

DEMENTIA FRIENDLY WESTFORD

Please Note: Instead of placing a statement at the end of a program, we will be adding a new symbol to the Newsletter. Anywhere you see a purple star, that means that the program or activity is a good fit for people with dementia and their care partner. If you see this symbol, you will know that people of differing cognitive or sensory needs can be themselves and participate comfortably. Come learn about Dementia Friendly Westford at our Lunch and Learn on January 10th and Men's Breakfast January 14th. Our group 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? Come to these talks OR 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**. If you can't attend a meeting, call Alison to give your input.



SOCIAL SERVICES NEWS



WHAT IS OUTREACH? By: Annette, Outreach Coordinator

Let the New Year inspire you to try something new! Come to the fitness center, try line dancing, circuit training, teach a class, volunteer at the center ... find meaningful purpose in your daily life! Cameron is a wonderful place to gather with your peers and make new friends. Come check us out. To discuss opportunities, feel free to contact Annette your Outreach worker at 978-399-2326. We look forward to seeing you!

FRIENDLY VISITOR PROGRAM

This social program connects volunteer visitors with senior clients and provides wonderful opportunity for reminiscing, combating loneliness, enhancing quality of life and so much more. If you are interested in being a visitor or are considering a visitor, call Annette at 978-399-2326.

SHOVELING UPDATE

This is a service we have tried to offer in the past but unfortunately we have had great difficulty getting volunteers willing and able to make such a commitment. If at all possible, we strongly encourage neighbors to help one another. We will update a list of services in the area that you may hire so simply call the front desk for that information/resource sheet at 978-692-5523.

THANK YOU!

To the Westford Police Dept.

Our sincerest appreciation goes out to Sergeant Greg Marchand and the officers that have delivered heavy buckets of sand to local seniors. Many residents now feel more prepared for the icy, snowy days that lie ahead. Thank you so much!

To Gaining Ground & Volunteers

Much thanks go out to Gaining Ground, a nonprofit organic farm in Concord, Massachusetts, that grows vegetables and fruit, and donated **10,253 pounds** of produce this year to our residents on fixed incomes. This program wouldn't be successful without the help of our dedicated volunteers Ed DeMarino, Dennis Smith, Mike Dyer and Chuck Dutton. Thank you all.

2019 Circuit Breaker

The Circuit Breaker is a method for refunding some of the property taxes or some of the rent that you paid in calendar year 2019 for the home that you lived in as your main home. The amount of the refund (if any at all), up to the maximum allowed for the year (\$1,100 for 2019), depends upon the amount of property tax or rent paid in comparison to your total income. A portion of any water or sewer charges that you paid in the calendar 2019 can be added to your property tax for computing the amount of the refund. Your main home can be a single-family residence, a multiple family residence, a condominium, or an apartment. However, you are not eligible for the refund if you rent a home from the Housing Authority, or from any other tax-exempt entity, or receive any federal or state subsidy. If you own the home, the home's assessed value, as of 1 Jan 2019, must be less than \$778,001.

The refund is available for those who are age 65 or older (if married, only one spouse needs to meet the age requirement) and whose total income for 2018 is less than \$88,001 (married filing a joint tax return); \$73,001 (filing a head of household tax return); and \$58,001 (filing a single tax return). The refund is not available if you are filing a married separate tax return. To obtain the refund, you need to file a Massachusetts tax return (even if your total income is zero).

Homes that are owned by a trust:

If your main home is owned by a revocable (grantor) trust and you are a trustee, then you are treated as the home owner. If your main home is owned by a revocable (grantor) trust and you are not a trustee, then you are treated as a renter. If your main home is owned by an irrevocable trust, then you are treated as a renter.



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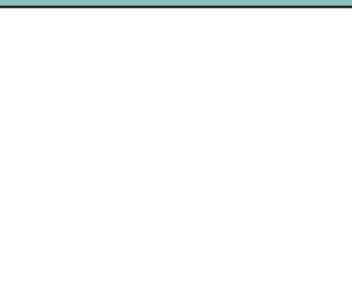
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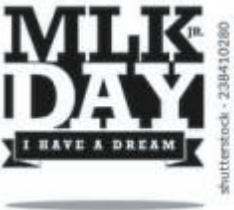
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Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> 	<p>2</p> <p>8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:00 Chair Movement 10:15 Yoga/ Pilates 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:15 Bridge 3:30 Circuit Training 7:00 BINGO</p>	<p>3</p> <p>9:45 Ping Pong</p>
<p>6</p> <p>9:30 Quilting Club 9:30 Bone Builders 10:30 Mature Movers upstairs 10:45 Whole Foods 11:30 Elegant Chef 12:00 Open Art Studio 1:00 Tai Chi 1:00 Busy Fingers 1:30 BINGO 1:45 Ping Pong 2:00 Plant Based</p>	<p>7</p> <p>8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 9:30 Ask the Lawyer 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 5:00 Digital Photography 5:15 Line Dancing</p>	<p>8</p> <p>9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 10:15 Water Aerobics 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 4:00 COA Bd. Mtg. 5:00 Piano Class 6:30 Alz. Support Group 7:00 Train Club</p>	<p>9</p> <p>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 12:30 Hand and Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:15 Bridge 3:30 Circuit Training 5:00 Piano Class 7:00 Tai Chi 7:00 BINGO</p>	<p>10</p> <p>8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong 1:00 Lunch and Learn</p>
<p>13</p> <p>9:00 Women's Breakfast 9:30 Quilting Club 9:30 Bone Builders 9:30 Hearing Screening 10:00 Ask the Realtor 10:30 Mature Movers upstairs 10:45 Whole Foods 12:00 Open Art Studio 12:00 SHINE 1:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong 2:00 Plant Based</p>	<p>14</p> <p>8:00 Men's Breakfast 8:15 Zumba at Mill Works 8:30 Billiard Players 9:00 Women's Breakfast 9:00 Blood Pressure & More 9:00 Gentle Yoga 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:30 Thrive 7 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 5:00 Digital Photography 5:15 Line Dancing 6:00 Thrive 7</p>	<p>15</p> <p>9:00 Alterations 9:15 Aerobics 9:30 Bone Builder 10:15 Water Aerobics 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>16</p> <p>8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 9:30 Pool Tournament 10:15 Yoga/ Pilates 10:15 Chair Movement 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:15 Bridge 3:30 Circuit Training Starts 4:30 Movie Night 5:00 Piano Class 7:00 Tai Chi 7:00 BINGO</p>	<p>17</p> <p>8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p>20</p> 	<p>21</p> <p>8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:30 Thrive 7 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 5:00 Digital Photography 5:15 Line Dancing 6:00 Book Club 6:00 Thrive 7</p>	<p>22</p> <p>9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 10:15 Water Aerobics 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club</p>	<p>23</p> <p>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 2:15 Bridge 3:30 Circuit Training 4:45 BINGO Dinner 5:00 Piano Class 7:00 Tai Chi 7:00 BINGO</p>	<p>24</p> <p>8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong 11:00 Basket Weaving</p>
<p>27</p> <p>9:30 Quilting Club 9:30 Bone Builders 10:00 Acorn to Oaks 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio 1:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong 2:00 Plant Based</p>	<p>28</p> <p>8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:15 Upbeats 10:00 Watercolor Club 10:00 Chair Movement 10:30 Thrive 7 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 5:00 Digital Photography 5:15 Line Dancing 5:30 Pictionary Night 6:00 Thrive 7</p>	<p>29</p> <p>9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 10:15 Water Aerobics 11:30 Restaurant Review 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club</p>	<p>30</p> <p>8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:15 Yoga/ Pilates 10:15 Chair Movement 10:30 Acrylic and Oil Studio 12:30 Birthday Celebration 12:30 Hand & Foot 1:00 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:15 Bridge 3:30 Circuit Training 5:00 Piano Class 7:00 Tai Chi 7:00 BINGO</p>	<p>31</p> <p>8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>



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<p>3 9:30 Quilting Club 9:30 Bone Builders 10:30 Mature Movers upstairs 10:45 Whole Foods 11:30 Elegant Chef 12:00 Open Art Studio 1:00 Tai Chi 1:00 Busy Fingers 1:30 BINGO 1:45 Ping Pong</p>	<p>4 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:00 Watercolor Club 10:00 Chair Movement 10:15 Upbeats 10:30 Thrive 7 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Ping Pong 3:30 Tech Help with Vamsi 5:00 Digital Photography 5:15 Line Dancing 6:00 Thrive 7</p>	<p>5 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 10:15 Water Aerobics 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>6 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 9:30 Acrylic and Oil Studio 10:00 Chair Movement 10:15 Yoga/ Pilates 12:30 Hand & Foot 12:30 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:00 Lincoln's America 1 2:15 Bridge 3:30 Circuit Training 5:00 Piano Class 7:00 Tai Chi 7:00 BINGO</p>	<p>7 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p>10 9:00 Women's Breakfast 9:30 Quilting Club 10:00 Ask the Realtor 9:30 Bone Builders 9:30 Hearing Screening 10:30 Mature Movers 10:45 Whole Foods 12:00 Open Art Studio 12:30 SHINE 1:00 Tai Chi 1:00 Busy Fingers 1:00 BINGO 1:45 Ping Pong</p>	<p>11 8:00 Men's Breakfast 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 10:30 Thrive 7 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 6:00 Thrive 7</p>	<p>12 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 10:15 Water Aerobics 12:00 Sweetheart Luncheon 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 4:00 COA Bd. Mtg. 5:00 Piano Class 7:00 Train Club</p>	<p>13 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 9:30 Acrylic and Oil Studio 10:00 Friends Board Meeting 10:00 Chair Movement 10:15 Yoga/ Pilates 11:00 Ask the Officer 11:00 Ask the Vet Agt 12:30 Hand and Foot 12:30 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:00 Lincoln's America 2 2:15 Bridge 3:30 Circuit Training 5:00 Piano Class 7:00 Tai Chi 7:00 BINGO</p>	<p>14 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong 12:15 Lunch and Learn</p>
<p>17</p>  <p>shutterstock - 568906132</p>	<p>18 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 9:00 Blood Pressure 10:15 Upbeats 10:30 Thrive 7 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 5:15 Line Dancing 6:00 Book Club 6:00 Thrive 7</p>	<p>19 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 10:15 Water Aerobics 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>20 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 9:30 Acrylic and Oil Studio 10:15 Yoga/ Pilates 10:15 Chair Movement 12:00 Birthday Lunch 12:30 Hand & Foot 12:30 Watercolor Class 1:00 Bone Builders 2:00 Whole Foods 2:00 Lincoln's America 3 2:15 Bridge 3:30 Circuit Training 4:30 Movie Night 5:00 Piano Class 7:00 Tai Chi 7:00 BINGO</p>	<p>21 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>
<p>24 9:30 Podiatry 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>25 8:15 Zumba 8:30 Billiard Players 9:00 Gentle Yoga 10:00 Watercolor Club 10:00 Chair Movement 10:15 Upbeats 10:30 Thrive 7 10:45 Whole Foods 1:00 Bone Builders 2:00 Writing Class 3:30 Tech Help with Vamsi 3:30 Ping Pong 5:15 Line Dancing 6:30 Talking Saves Lives 6:00 Thrive 7</p>	<p>26 9:00 Alterations 9:15 Aerobics 9:30 Bone Builders 10:15 Water Aerobics 11:30 Restaurant Review 12:00 Lunch 1:00 Busy Fingers 1:00 Cribbage 1:30 Fitness Camp 5:00 Piano Class 7:00 Train Club</p>	<p>27 8:30 Billiard Players 9:00 Zumba 9:00 Chair Yoga 10:15 Yoga/ Pilates 10:15 Chair Movement 12:30 Birthday Celebration 12:30 Hand & Foot 1:00 Bone Builders 2:00 Whole Foods 2:15 Bridge 3:30 Circuit Training 4:45 BINGO Dinner 5:00 Piano Class 7:00 Tai Chi 7:00 BINGO</p>	<p>28 8:30 Aerobics 9:00 Music Makers 9:45 Ping Pong</p>

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- Prefer receiving a newsletter via email then 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 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
lynnmroderick@aol.com

Hours

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

JANUARY FOOD PANTRY HOURS:

- **Mondays: January 6** from 1:30 - 3:30 p.m.
- **Wednesdays: January 8 & 22** from 9:00 - 11:00 a.m. and **January 8, 15, 22, 29** from 6:00 - 8:00 p.m.
- **Thursdays: January 9, 23** from 9:00 - 11:00 a.m.
- **Fridays: January 3, 10, 17, 24, & 31** from 9:00 - 11:00 a.m.
- **Saturdays: January 4, 11, 25** from 9:00 - 11:00 a.m.

FEBRUARY FOOD PANTRY HOURS:

- **Mondays: February 3** from 1:30 - 3:30 p.m.
- **Wednesdays: February 5, 19** from 9:00 - 11:00 a.m. and **February 5, 12, 19, 26** from 6:00 - 8:00 p.m.
- **Thursdays: February 6, 20** from 9:00 - 11:00 a.m.
- **Fridays: February 7, 14, 21, 28** from 9:00 - 11:00 a.m.
- **Saturdays: February 1, 8, 22, 29** from 9:00 - 11:00 a.m.

BOARD MEETINGS

COA Board - Wednesday, January 8th at 4 p.m.
Wednesday, February 12th at 4 p.m.
Friends of Cameron – Thursday, January 9th at 10 a.m.
Thursday, February 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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