

The Council on Aging office hours are Monday to Friday 8:00 AM – 4:00 PM and the telephone number is 978-692-5523.

MISSION STATEMENT: The mission of the Council on Aging is to promote physical, emotional, and economic well-being of older adults and to promote their participation in all aspects of community life.

COUNCIL ON AGING STAFF

*Joanne Sheehan
Director of Elder Services
Judith Ramirez
L.I.C.S.W./Social Worker
Annette Cerullo
Elder Outreach Coordinator
Claire France, Records Supervisor
Marjorie Hunter, Registrar
Jean Mahoney, Registrar
Eugene Jungbluth, Lead Van Driver-Admin.
Laura Mathis, Lead Van Driver-Dispatch
Marie Lawrence, Nutrition Site Manager
Mary Sudak, Evening Supervisor
Christopher Mitchell, Maintenance
Angela Gagne, Volunteer Coordinator*

COUNCIL ON AGING BOARD MEMBERS

*Helena Crocker, Chair
Robert Tierney, Vice Chair
Nancy Cook, Clerk
Dorothy Hall
Patricia Holmes
Ret. Chief George Rogers*

FRIENDS OF THE CAMERON OFFICERS

*Richard Severyn, President
Joan Greenwood, Vice President
Joyce Cederberg, Secretary
Marjorie Hunter, Treasurer
Marie Lawrence, Asst. Treasurer*

SUNDAY HOURS

The Cameron Center Fitness Room will be open on Sunday afternoons during December from Noon – 3PM. We will be closed Sunday, December 25th, Monday, December 26th, Sunday, January 1st and Monday, January 2nd.

CANCELLATIONS

When school is cancelled due to impassible and dangerous snow, ice, etc. then the Cameron Van will not operate and all activities at Cameron are cancelled. Cameron will operate those days as a drop-in social warming center. Meals on Wheels and Congregate Lunch are cancelled when roads are impassible and too dangerous to deliver meals. Watch your major channels for information regarding cancellations of the Greater Lawrence Vocational School in Andover.

EMERGENCY CONTACTS

With the recent storm leaving many without power and phone lines, we learned a huge lesson. We could not make contact with you because we did not have your cell phone number or that of a family member. We encourage you to email acerullo@westfordma.gov or jramirez@westfordma.gov with your landline and cell phone number and name and encourage you to register your cell number at CITY WATCH. Go online to www.westfordma.gov, click on bottom left of website “city watch logo”, then click on “click here” to register phone numbers for community emergency messages.

HOLIDAY LUNCHEON

Join us for a catered holiday luncheon at the **Franco on Tuesday, December 6th seating at 11:00 A.M., (Note Location Change).** Lunch (Roast Pork Loin) will be prepared by Shirley Caterers and served around Noon. Fee for lunch is \$7.00. Call 978-692-5523 for reservations.

LASAGNA SUPPER

Our Second Annual Lasagna Supper will be held at the Cameron Senior Center on **Wednesday, December 14th, 5 PM**. The meal will be prepared by Nashoba Tech. and features lasagna, garlic bread, salad, and dessert. The Cameron Music Makers will be performing. At 6 PM we will hold a Yankee Swap (sure to be some laughs) for all who bring a new wrapped gift under \$10 in value. There is limited enrollment and open to Westford seniors. Please register at 978-692-5523. The deadline for all to register is December 7th.

NEW YEAR'S EVE DAY LUNCHEON

Our second annual **New Year's Eve Day Luncheon** will be held on **Saturday, December 31st at Noon at Cameron**. The luncheon will consist of ham, potato salad, vegetables, greens salad, rolls, and dessert. Ring in the New Year with us by registering before December 21st deadline at 978-692-5523. Non-residents may register after December 10th. Volunteers for food preparation and table set-up please arrive at 9:30 AM on December 31st.

HOLIDAY BASKETS

We are still accepting applications for Holiday Baskets, if you or someone you know is in need please stop by the Cameron Senior Center and fill out an application. If would like to donate to help a family during the Holidays please stop by the Cameron Senior Center and ask for a donor form or contact Angela at 978-399-2330 or email agagne@westfordma.gov

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 have a list of snow plow companies and shovelers in the area that you may hire so simply call the front desk for that information/resource sheet at 978-692-5523.

CAMERON CLOSET

Currently accepting warm winter clothing, coats, scarves and mittens are welcome! We are open Monday thru Friday, 9 A.M. to 3 P.M. for your shopping convenience.

RESTAURANT REVIEW

We will not be gathering at a restaurant for the Ladies Luncheon in December but are resuming in January. Be sure to mark your calendars for our next outing on **Wed. January 25th at 11:30 A.M. at the Nashoba Ski Outlook Restaurant, Powers Rd, and Westford**. 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.

FOOD PANTRY

The community Food Pantry is located at the Senior Center and staffed by volunteers. The **expanded hours** for **December** are as follows:

- Third **Monday, December 19th** from 1:00 - 3:30 PM.
- Third **Wednesday, December 21st** from 8:30- 11:30 AM.
- Third **Thursday, December 15th** from 8:30- 11:30 AM and **Thursday evening December 15th** from 6:30 – 8:30 PM.
- Third **Friday, December 16th** from 8:30 – 11:30 AM.

The Westford Community Food Pantry is located on the first floor at Cameron. We have implemented new procedures. The dates and times will remain the third Monday, Wednesday, Thursday and Friday of the month. The communities in our area of service will be Westford and the towns, which border us Littleton, Tyngsboro, Chelmsford, Carlisle, Acton and Groton. Residents of other communities will be supplied with pre-packaged items.

LUNCH

The Merrimack Valley Nutrition Program provides anyone age 60 and over, or couples with one partner having reached the age of 60, with low cost nutritional meals at Cameron, Monday –

Friday at 11:30 AM. Call 978-476-2206 a minimum of two days in advance between 10:00 - 11:00 AM to make your reservation. The donation is \$2.00. Menu can be found on our website www.westfordma.gov/coa. Come and enjoy the new dining room!

MEALS ON WHEELS

Meals on Wheels clients are now offered a choice of five special diets. Along with the traditional Meals on Wheels a special diet with a doctor's authorization is available. The five diets are **Cardiac (heart healthy), Renal, Chopped, Ground and Puree**. Meals on Wheels are available to homebound, age 60 and over, and unable to prepare a hot meal. Let us assist you Monday through Friday by delivering meals to your door around noontime. Call 1-800-892-0890 to register.

ACTIVITIES

The Cameron Center will be closed on December 26th due to the Christmas Holiday and January 2, 2012 due to the New Year Holiday. Confirm class dates with your instructors.

AEROBICS – with Elaine Wednesdays at 9 AM and Fridays at 8:30 AM. The fee is \$3.00 per class.

ART-OPEN STUDIO – Any person who paints in oils or watercolors is welcome to join our open group on Mondays from noon – 3 PM. A donation of \$1.00 is requested.

ART CLASS with Stella – Bring your medium/project and Stella, a lifelong artist with over 60 years of teaching, will help take you to the next level. Her classes are Wednesday mornings from 9 until 11:30 AM and the cost is \$5.00 per class. Drop ins welcome!

BILLIARD TABLE – We have a billiard table available for your enjoyment Monday-Friday 8 AM - 4 PM; also on Mondays and Wednesdays at 10 AM. There will be players available if you would like to come and partner up.

BINGO – Thursday's, 7-9 PM, doors open ½ hour early; also on Monday's, 1 – 3 PM. If you need a ride call the transportation line at 978-399-2322 in advance.

A MATTER OF BALANCE – The Westford Council on Aging is proud to offer A Matter of Balance, an award-winning program designed to manage falls and increase activity levels. This is an 8-week program, which meets for 2 hours each week and has been very successful. We are hoping to offer the program again in the Spring if there is enough interest. There is no charge for this program, but regular attendance is expected. If you think you would like to participate in this program in the spring, please call our main number at 978-692-5523 to register and we will look at scheduling it again in the March/April timeframe. You will be notified late winter if there is enough interest to confirm dates and times.

BONE BUILDERS – We will continue with our ongoing afternoon classes on Tuesday & Thursday. We have started a new morning session on Monday and Wednesday's at 9:30 AM. Call 978-692-5523 to enroll in this FREE program that can help you with balance and strength building. When you call ask for a form and then stop by to complete the paperwork prior to starting class.

BOOK DISCUSSION GROUP

Friday, December 9th the Cameron Book Discussion group will meet at 10 AM to discuss, the novel, "The Particular Sadness of Lemon Cake," by Aimee Bender.

BOWLING – Wednesdays at 9:15 AM at Brunswick Lanes in Lowell. Call Norman at 978-692-6792 for more information

MEN'S BREAKFAST – The December Men's Breakfast will be held on Tuesday, December 13th at 8:00AM. Please register by calling 978-692-5523 or e-mail jramirez@westfordma.gov. ****It is important to register for this breakfast so enough food will be available - we look forward to seeing all of you.** *The next Men's breakfast will be January 10th.*

WOMEN'S BREAKFAST – Please join us for a special Holiday Breakfast Thursday December 1st at 8:30 AM. Entertainment will be provided by the fabulous "Upbeats". They are a talented percussion group that will be playing holiday music for your enjoyment. Please register in advance for this special breakfast by calling our front desk at 978-692-5523, it's important to register so we can plan accurately for food. *The next Women's Breakfast will be January 5th.*

INTRO-COMPUTER – If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will be called by our instructor Mary Eve to set up a time for your instruction. We are now WiFi ready. A donation of \$3.00 is suggested.

CONTRACT BRIDGE – **Advanced Players:** meet on Fridays from 12:30 – 4:00 PM. All players are required to stay until 4:00 PM.

CAKE/CUPCAKE DECORATING DEMONSTRATION CLASS – Come and learn holiday cake/cupcake decorating with Jean. Class will be held on **December 8th from 1:30 – 2:30 PM**. Cost will be \$5.00 per class. Bring home a sample! You must pre-register at 978-692-5523.

CANASTA – has a lively and fun group that currently plays every Thursday from 1:00-3:30 PM. Feel free to join us.

NEW – CREATE CRAFTS WITH CAROL
Carol is offering simple craft classes that you can attend alone or with your grandchild. The cost is \$5 for adult and \$3.00 for your grandchild, max \$10 per family. On **Tuesday, Dec. 6th at 1:00 PM**, you will make a fleece vest and finger knit scarf for an American Girl Doll and on Tuesday, Dec. 13th at 1:00 PM the craft is making beautiful golden origami stars and glittering angel tree ornaments. Please call 978-692-5523 to register so the instructor can purchase enough supplies.

CRIBBAGE – This game minded fun group meets every **Wednesday from 1 to 3 PM. Come join us!**

CHAIR MOVEMENT EXERCISE **Tuesday and Thursday 10:00–11:00 A.M.** This is our popular gentle exercise class that includes all elements of Body Conditioning and Aerobic Activity, breathing techniques, stretching, toning and gentle core muscle workout. Hand weights and stretch bands may be used and are provided as well as optional for the participant. Our instructor is Jo. The fee is \$3.00 per class.

FITNESS/STRENGTH TRAINING ROOM
Come join the 315 seniors who are getting fit the Cameron Way! The Fitness Room hours are Monday - Friday, 8AM to 3:30PM. Equipment includes treadmill, elliptical, recumbent bike, upright bike, recumbent stepper, lat pull down, biaxial chest press, upper back, low back, leg press, flat/incline bench and dumbbells. Complete the registration and liability waiver form, annual payment of \$50 for resident age 60 and over, \$25 for resident age 80 and over. You will then be scheduled for an introductory training session on the equipment. Registration Forms are available at Cameron. A special thanks to our fitness center volunteers whose help with those using the fitness room have contributed to a positive experience. You may be eligible for reimbursement through your insurance.

If you signed-up in the last 18 months, it is time to renew your membership for 2012. Please see Bill in the fitness room.

KNITTING-BUSY FINGERS – This group meets every Monday & Wednesday in the Welcome Area from 1-3 PM to make knitted and crocheted items. Great conversation! Stop in to see what we have for sale. If you love to knit we would welcome a donation to our annual Fall Fair.

ASK THE LAWYER – Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, January 18th, from 9:30 AM – Noon** call 978-692-5523 to reserve a time. Next scheduled date is March 28th, 2012.

MAH JONGG – Join this well received group on **Wednesdays at 1 PM**. Mah-Jongg trains your

brain with games. All level of players are welcome.

MEDITATION & STRESS REDUCTION for the Holidays – Join meditation teacher, Pat, for a one-hour meditation session on **Tuesday, December 13th at 10 AM**. This is a one-time only class, designed to help you relieve stress during the holidays. You will learn simple meditation techniques that you can use to make this busy season more enjoyable by cultivating awareness, improving physical and emotional well being, and reducing stress. The fee is \$3. Please call 978 692-5523 to sign-up.

MUSIC MAKERS – Meet on **Friday** mornings **from 9 – 10:30 AM**. If you like to sing you are invited to join this lively group of seniors every Friday morning. No auditions just come and sit in on a couple of rehearsals to see if you would like to participate. For more information call Ann at 978-692-6779.

NEW – NATURE TALK – If you are someone who loves nature and wildlife, consider joining this monthly group in the senior center library. Our next meeting will be on **Thursday, Dec. 8th at 10:30 AM**. Topics will include favorite spots for nature watching, websites, how to identify birds, etc. Bring in your photos and stories of things you have seen in town ... bears, coyotes, turkeys and more. This is your chance to gather with other folks with similar interests. Please sign up at the desk if interested, 978-692-5523, but drop ins are welcome.

PERCUSSION GROUP – If you love “UPBEAT” music, then join the band Tuesday mornings from 10:15-11:15 AM. No experience is necessary, simply a love of music and desire for some carefree fun. Rhythm patterns will be taught. If you already play an instrument, bring it along too. Call 978-692-2851 for more information.

QUILTING CLUB – The Cameron Quilters will meet at Cameron on Monday’s, December 5th and 12th from 9:30 to 11:30 AM. Interested quilters please come with your talents and ideas!

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at Cameron on **Monday, December 12th at 10:00 AM**. Please sign up by calling 978-692-5523.

SCRABBLE – The group plays on Tuesday afternoons from 1:00 PM to 3:30 PM. More players are always welcome.

Wii INSTRUCTION – The Wii is a TV game system that offers simulated bowling, golf and tennis. An instructor is available Mondays at 10:30 a.m. in the billiards room to demonstrate the games. You can do this activity standing or sitting in a chair and its lots of fun and gentle exercise. Come check it out!

Wii BOWLING TEAMS – Our indoor, free “bowling league” is Monday mornings from 10:30 to noon in the billiards room here at the Cameron. An instructor is available to demonstrate use of this TV game system. It’s lots of fun and gentle exercise. You can do this activity standing or sitting in a chair. Come check it out!

GENTLE STRETCH YOGA – Based on Peggy Cappy’s wonderful book and videos, *Gentle Stretch Yoga* is a modified series of traditional poses, which can be done by almost anyone—of any age or ability. *Our instructor Pat is a certified yoga and older adult fitness instructor.* This weekly class is held on **Wednesdays, from 1:30 – 2:30 PM**. The fee is \$3.00. It is suggested that you bring a mat with you. If you are interested in this class please call 978-692-5523 to sign up.

BASIC ZUMBA – New day, new time! Basic Zumba is a great way to get moving and have fun. Join Carol our instructor for class on Thursdays at 8:30 AM at \$3 per class. It’s a great way to start your day!

POSSIBLE PROGRAMS IN THE NEW YEAR – We are hoping to offer some additional exciting programs in the New Year. Possible programs include belly dancing for the ladies, another gentle yoga class, genealogy, antique

appraisals, cash for gold, senior fitness assessments and more. Please let us know if any of these interest you by putting your thoughts in our suggestion box. We want to hear from you! Stay tuned for more information.

SUGGESTION BOX

We are interested in hearing your feedback about the Cameron Center, classes you've attended, instructors, ideas and best times for programs etc. Please let us know your thoughts by writing them down and inserting them in the suggestion box located on a table outside of the ladies room in the open lounge area. We appreciate your concerns and compliments.

DID YOU KNOW?

NATIONAL GRID POWER OUTAGE INFO.

If you rely on electrically operated life-sustaining medical devices, and you may be in immediate danger if your electric service is interrupted, please print and complete National Grid's Notice of Life Sustaining Equipment (pdf) form. You may obtain this form at the Westford Senior Center, see Annette, the Outreach Worker or you may go to www.nationalgridus.com then click on Massachusetts under the heading Electricity, under Account Management click on Life Sustaining Equipment and then print the form to complete. Please return it to: National Grid, PO Box 960, Northborough, MA 01532-0960; Telephone: 1-800-322-3223.

Per National Grid's website: While we inform customers about planned power outages and work hard to restore service as quickly as possible during unplanned outages, restoration does take time. We attempt to contact our customers on life-sustaining equipment before a planned outage. We also regularly review equipment requirements to stay up-to-date on our customers' needs.

MEDICAL INFORMATION

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, December 7th at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523.

BLOOD PRESSURE & MORE:

These provide a blood pressure reading, medication review, weight check and an opportunity to have other concerns reviewed. Both screenings are held at **Senior Center.** Dates and times are:

- Second Tuesday of the month, **December 13th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **December 28th** 8-10 AM with the Lowell VNA on the second floor of Cameron.

MEDICARE OPEN ENROLLMENT

New Dates: OCT. 15 – DEC. 7

The annual Medicare Open Enrollment) is the time to enroll in or CHANGE your Medicare coverage for next year. You can make as many changes as you want; but remember the last change that is made is the one that will take effect. State-certified SHINE (Medicare) Counselors can help you understand your plan, as well as other options you may have. Call now to schedule a SHINE appointment during the Open Enrollment. If you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you should have received information in the mail about changes to your current plan. Be sure to save this information and bring it, along with your prescription drug list and Medicare card, to your SHINE appointment. **Remember: The Medicare Open Enrollment ends on December 7th! DO NOT WAIT UNTIL IT'S TOO LATE!**

SHINE

If you need a SHINE (Serving the Health Information Needs of Elders) appointment to answer your health insurance questions please call the Senior Center at 978-692-5523 and sign up by leaving your name and phone number. The next scheduled date is **Monday, December 5th with appointments starting at 1:00 PM.**

BOARD OF HEALTH CLINIC

Hearing & Hearing Aid Test

Appointments are required. Please call the Board of Health at 978-692-5509. The clinic date is **Monday, January 23rd from 9:30-11:30AM** at the Senior Center. Tests are Free and provided

by Rogers Hearing Solutions. The next clinic date will be March 19, 2012.

OUTREACH

One of the special things about Westford is its “caring community”. This was so evident particularly during the major power outage at the end of October. Many calls came into the senior center offering help with shoveling, food donations, and warm places for people to stay, shower and to get out of the cold. It’s comforting to know that residents here look out for one another during difficult times. That is the true definition of “outreach”. If we at the senior center can be of any help to you, please don’t hesitate to call Annette, Outreach Coordinator at 978-399-2326 or Judy, Social Worker at 978-399-2325.

FINANCIAL

DO YOU NEED HELP WITH THE HIGH COST OF GROCERIES?

If you are 60 years or older, you may qualify for food assistance. Approximate monthly guidelines are household of one person below \$1,734, two person household below \$2,334. For more information call the Food Source Hotline at 1-800-645-8333.

CIRCUIT BREAKER 2011

- Maximum credit: \$980
Minimum Age: 65 (as of Dec. 31, 2011). If filing a joint return, only one needs to meet the minimum age requirement.
- Maximum Total Income:
Single - \$52,000
Head of Household - \$65,000
Joint Return - \$78,000
- Maximum Assessed Value of Home: \$729,000 (only applies to homeowner)
- Renters are eligible for the circuit breaker providing they do not receive any federal or state rent subsidy or rent from a tax-exempt entity (e.g., housing authority)

If you would like more information about this law please contact the Massachusetts Department of Revenue’s Customer Service Bureau at 1-800-392-6089. We encourage all to file taxes for

2011. You must file income tax to benefit for this credit even if you do not owe state income tax.

2011 INCOME TAX HELP

Hal, the volunteer tax expert, will be back this year to complete your 2011 federal and state income tax returns. This is a free service sponsored by your Senior Center. 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 2010 federal and state tax returns
- Form MA 1099-HC. It is very important to bring this form if you have private health insurance since the insurance company’s name and tax identification number and your subscriber number has been entered on your Massachusetts tax return.
- 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 that you made
- The four quarterly property tax bills that you paid in calendar year 2011 (the bills were due on 1 Feb 11; 2 May 11, 1 Aug 11, and 1 Nov 11). It is very important that you either bring the four bills that you paid in calendar year 2011 or a transcript of payments for calendar year 2011 from the Tax Collector’s office.
- The four quarterly water bills that you paid in calendar year 2011 or a transcript of your calendar year 2011 payments from the Water Department.
- If you sold any stock or bonds, bring the date that you bought the stock or bonds and the amount that you paid for them.
- If you have any mutual funds, bring 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 bought a main home after 31 Dec 2010 and before 1 Jul 2011, you may qualify for a rebate (even if you are not required to file a federal tax return). It is very important to bring a copy of your purchase and settlement

documents since the documents need to be attached to your tax return and information from these documents needs to be entered on the tax form that is used to compute the credit.

- If you added insulation, installed energy efficient heating, air conditioning, and hot water systems, or installed energy efficient windows and doors to your home in 2011, you may qualify for a credit on your tax return. The place where you bought the energy efficient systems, windows, and doors can tell you if they qualify. If they do qualify, bring date paid, date installed, and invoice/bill that you paid for each type of improvement.

FUEL ASSISTANCE APPLICATIONS

Fuel Assistance income eligibility guidelines are: annual income for a household family size of one - \$31,218 and family size of two - \$40,824.

Appointments are held on Tuesday's only, call 978-692-5523 to set-up your 45-minute appointment. You may qualify for heating repairs or cleaning along with energy saver appliances. When you call to schedule your appointment, ask for the additional information that you will need to be mailed to you.

If you are a new applicant with a termination notice on a gas or electric bill please call CTI at 978-459-6161. They will schedule an appointment ASAP to avoid termination of utilities.

PROPERTY TAX RELIEF

Community Preservation Act (CPA) Exemption Applications are now available at the Assessor's office. You must complete this application yearly to be exempt from the 3% surcharge placed on your property tax bill. We encourage all homeowners to go to the Assessor's office to pick up an application to receive the CPA exemption. They also currently offer exemptions for the Blind, Disabled Veterans, persons who are over 70 and Tax Deferral Program. Please call the Assessor's office at 978-692-5504 to find out the eligibility requirements. The Assessor's office is located at Town Hall, 55 Main Street.

FREE ENERGY

If you are approved for Fuel Assistance, you may also qualify for the following free energy program: **Weatherization**: Renters (excluding heat included in rent) and homeowners are eligible for this program. You may qualify to have free insulation, weather-stripping and air sealing added to your home by Community Teamwork, Inc. approved contractors. All weatherization work is inspected by CTI's Energy Advisors. For more information and to determine if you qualify, call CTI at 978-459-6161.

TRANSPORTATION

Happy Holidays to all our wonderful clients! We look forward to serving you in 2012! A van will be going to the Pheasant Lane Mall in Nashua, Friday, December 9th and 16th. The van will leave Cameron at 9:30 A.M. and return to the Mall for the ride back to Cameron at 2:00 PM. Space is limited! Call 978-399-2322 to reserve your seat or e-mail lmathis@westfordma.gov as soon as you anticipate needing a ride to a medical appointment, a shopping trip, the hairdresser, or a visit to the Cameron Senior Center. The cost for a round-trip ride within Westford is \$3. The round-trip charge for surrounding towns is \$4 and \$6 for out-lying towns.

SUPPORT GROUPS

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS:

- ✓ The Cameron Senior Center, 20 Pleasant Street, Westford, for those caring for someone with Alzheimers or other Dementias, meets the 1st Wednesday of each month at 6:30 PM at Cameron. For information contact Sandy at 978-758-6072 or Judy at 978-399-2325 or e-mail jramirez@westfordma.gov.
- ✓ The Inn at Robbins Brook, Rte. 27 Acton, meets the 4th Wed. of each month, 4-5:30 PM and a light supper will be served. Registration required, call Maura Capriccio at 978-264-4666.
- ✓ Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30. For information call 978-251-8880.

ADULT DIABETES SUPPORT GROUP

- ✓ Meets at Saints Memorial Medical Center in Lowell. Call 978-934-8559 for more information.

BEREAVEMENT SUPPORT GROUP

- ✓ “You Are Not Alone” meets at the J.V. Fletcher Library, 50 Main Street, Westford. The group meets on the second and fourth Thursday from 7-8 PM. Contact Cathy at 978-692-7424.

PARKINSON’S SUPPORT GROUP

- ✓ Meets the first and third Wednesday of each month, from 2 – 4 PM at John Cummings Building, Donaldson Room at Emerson Hospital. For information contact Jerry at 978-443-5742 or joconnell@bentley.edu.

COMPANION & RESPITE CARE

For age 60 & over and/or disabled residents. This service provides supervisory care to allow the caretaker a time of rest. This service is available days, evenings, overnights and weekends, on a temporary or permanent basis. For more information call Jodi at the Chelmsford Senior Center at 978-251-8491.

FRIENDLY VISITOR PROGRAM

If you wish you had some more company in the comfort of your home to socialize, reminisce or play games simply call and request a friendly visitor. We are also seeking more volunteers that would love to visit with local seniors. Please call Annette at 978-399-2326 if you are interested in being a visitor or having a visitor.

MISCELLANEOUS

GOLFERS

Please join us on **Tuesday, December 13th at 9:30 AM** at the Cameron if you are interested in playing golf in 2012. We will be making a decision on which course to play and if we would like a separate men’s and women’s group. No commitment. Pay as you play. No registration.

STATE HOUSE ART CONTEST

Congratulations to all our Cameron Open Studio Art Group; Westford is well represented! The prize winners are as follows: Oils, 1st Prize, Marie Stabile; Best Use of Color Most Original

Museum Committee Awards, 2nd Prize, Joe Lapiana, 3rd Prize, Peg Jungbluth, 1st Honorable Mention, Ann Cullerton; Special Award for Special Recognition of Troops, 2nd Prize, Mary Ann Ducharme and 3rd prize, Trudy Olsen; Whimsical Category, 1st Honorable Mention, Ann Cullerton. This is very exciting! Again... CONGRATULATIONS TO ALL!

FAMILY SERVICES DETECTIVE

Westford Police Department Family Services Detective, Matthew Furlong, will be available for consultation at Cameron monthly on the **2nd Thursday of each month from 11AM to 12Noon** – he will be here on **December 8th**. If you would like to schedule an appointment, you may reserve time with Matt, or walk-ins will also be welcome as time permits. Matters discussed will be kept confidential. Please call 978-692-5523 for an appointment.

FALL LEAF PICK-UP

The Acme Company last leaf pickup day will be on Saturday, December 3rd. Your paper leaf bags need to be curbside by 7:00 AM. There will be a \$20 minimum charge for one (1) to sixteen (16) bags. Any additional bags will have an additional cost of \$1.25 per bag. Please call the town clerk’s office at 978-692-5515 to get put on the schedule and for payment instructions.

WISH LIST

We are looking for individuals and families to support the Holiday Basket Program. Call for a holiday donor application at 978-692-5523. Gas cards and or donations to assist residents with food and fuel purchases would be helpful. We also are in need of brown grocery bags for the food pantry.

Emergency Fund – We are in need of donations to assist those who do not have the ability or means to clean up from the October storm. Please make checks payable to ‘The Friends of the Cameron Senior Center’, P.O. Box 2223, Westford, MA 01886. Thank you for all your support!

NOTARY PUBLIC

We have Notary Publics available at the Senior Center. If you need a document notarized we can assist you. **Call ahead** at 978-692-5523.

VETERANS SERVICES

The town's Veterans Services department will be holding office hours at Cameron Senior Center every Thursday from **8:30 AM to 12:30 PM** please feel free to stop by to speak with Terry, Westford's Veterans Service Officer, you can call him at 978-392-1170 or email him at veterans@westfordma.gov.

DAY TRIPS

Call 978- 692-5523 for reservation and information on the following trips. Payment is due upon signing up for a trip. Please only register for self and spouse/companion for the trip. Transportation departs and returns from the parking lot at the Franco American Club at 55 West Prescott St. Please park at the rear of the lot.

Saturday, December 10, 2011, “Portland Symphony’s The Magic of Christmas”, travel to Maine and enjoy a full course buffet luncheon at the Old Country Buffet and then on to enjoy the Portland Symphony’s ‘Magic of Christmas’ with scenes from the Nutcracker, A Christmas Carol and the Christmas Story with Nativity all set to music. Fox Tours coach departs from rear of Franco at 9 AM returning at approximately 6:30 PM. The cost for this all-inclusive trip is \$79 p/p.

Wednesday, January 18, 2012, “Luncheon at the Colonial Inn” we will travel by motor coach to historic Concord, MA and enjoy a wonderful lunch. Two entrée choices: Chicken Pot Pie **or** Potato Crusted Haddock, with Mixed Greens Salad, Roasted Apple Upside Down Cake, and coffee and Tea. Departure from the Franco will be at 10:45 AM. The cost for this all-inclusive trip is \$38 p/p.

Monday, February 13, 2012, “The Elderly Brothers Show”, A Valentine’s celebration at DiBurros Function Hall, Haverhill with

wonderful songs from the 50’s that were sung by the hit duo ‘The Everly Brothers’. There will be a sit down luncheon with your choice of Baked Stuffed Boneless Chicken Breast or Roasted Top Beef Sirloin, salad, vegetable, dessert and beverage. Pick up and return time TBD from the rear of the Franco. The cost for this all-inclusive trip is \$61 p/p.

Thursday, March 15, 2012, “Saint Patrick’s Show Fest” featuring Trooper Dan Clark. First stop will be at the Vanity Fair Outlets for a coffee break. Then off for a wonderful luncheon show at White’s of Westport. Dinner will be family style with corn beef & cabbage and roast turkey with homemade stuffing. Fox Motor Coach departs the Franco American Club at 8:30 A.M. The fee of \$64, includes driver gratuity and is due at time of sign up

Tuesday, March 6, 2012, “Foxwoods” Buckingham Motor Coach departs the Franco American Club at 7:30 A.M. The fee of \$28 includes driver gratuity and is due at time of sign up. Receive bonus and food coupon.

Friday, April 13, 2012, Travel to Mason, NH for an authentic “Parker’s Maple Barn Sugar Feast”, and then on to Merrimack to tour the Anheuser Busch Brewery, home of the famous Clydesdale horses. The cost for this all-inclusive trip is \$61 pp. The Fox Coach will depart from the Franco at 9:45 AM and returning at approximately 5 PM.

EXTENDED TRIP – December 4th and 5th
An overnight Christmas trip to the Beacon Motel in Lincoln, NH and a Holiday Luncheon. \$149 p/p dlb/occup. Pickup will be at the Franco at 8 AM. Call Mickey Crocker 978-692-8259 ASAP.

FRIENDS of the CAMERON SENIOR CENTER DONORS 2011

Thank you to all of the individuals, families and businesses who contributed to our 2011–2012 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.
Abate, Abrahamson, Allen, Anderson,
Andruskiewicz, Armienti, Ashford, Babcock,
Bagley, Barclay, Barrett, Barry, Barton, Bashore,
Bennett, Benoit, Berkowitz, Bernstein, Berry,
Bieren, Birch, Bissell, Blanchard, Bogue,
Boisvert, Bojarsky, Bonner, Borrero, Bouchard,
Boucher, Bowser, Bradley, Brazil, Brennan,
Brigham, Buffo, Buretta, Burnham, Bushey,
Canter, Carlyle, Carrow, Catino, Cattel,
Cederberg, Cerere, Chabot, Chaplin, Chu, Clark,
Clarke, Clemente, Cobleigh, Colangelo, Colby,
Coleman, Collins, Connell, Cook, Costley, Cote,
Coughlan, Courchaine, Crawford, Creegan,
Crocker, Crose, Crowley, Cullerton, Currier,
Dagdian, Daly, Daniele, Daranchuc, Davies,
Davis, Day, Demers, Demetriou, DeMone,
Denault, Doersam, Donlin, Donovan, Drake,
Drouin, Duncan, Dunn, Earl, Eberiel, Elliott,
Emmet, Engel, Ensor, Erickson, Ewers, Fahey,
Faulkner, Feeney, Ferrara, Ferrin, Ferrell, Fields,
Finneral, Fitzgerald, Fitzpatrick, Flannery,
Fornicola, France, Gagne, Gallo, Galpin, Galya,
Gamester, Garlow, Geary, Gendron, Gibbons,
Gilligly, Gilmore, Giunta, Gladu, Gloyd,
Goodrich Corp., Gould, Grande, Granfield,
Graniteville Pride, Greenwood, Guttenberg, Hall,
Halvorsen, Hansen, Haran, Harde, Harkness,
Harman, Healy, Hicks, Hillman, Holmes,
Hopkins, Indresano, Jalbert, Jensen, Jewett,
Johnson, Johnston, Joki, Joyce, Jurewicz,
Kalikow, Kane, Keane, Keefe, Kelly, Kendall,
Kennedy, Kern, Kinny, Klecak, LaBrecque,
LaChance, LaFond, Lane, LaRusee, Laslie,
Lawlor, Lawrence, Leary, Lecourt, Libby,
Linteri, Long, Lowney, Lowrey, Lumenello,
Lund-Wilde, MacCartney, Macpherson,
MacQuarrie, Magdalenski, Mahanna, Makohen,
Malley, Manning, Marchand, Marcinkowski,
Marcoux, Martin, Masson, Mathews, Mayer,
Maxwell, McCall, McCorry, McCusker,
McEvoy, McGourty, McGrath, McGuirk,
McKittrick, McNally, McQuiggan, Measer,
Menne, Middlesex Savings Charitable
Foundation, Milot, Mizzoni, Mleziva, Molinari,
Moncreaf, Montminy, Neal, Nebesky, Nesmith,
Norander, Nyder, O’Brien, O’Connell, Odell,

Officer, O’Keefe, O’Neil, Orr, Ostlund, Ottesen,
Overbaugh, Parish, Parker, Peloquin, Pepin,
Perciballi, Pettersen, Phalen, Pigott, Pofcher,
Provost, Radcliffe, Ramirez, Reekie, Ricard,
Rivet, Robinson, Rogers, Rondeau, Roper, Ross,
Roux, Rowan, Roy, Rusman, Salvador, Samaha,
Santoro, Saulnier, Schmaltz, Schott, Seavey,
Secor, Secovich, Selman, Severyn, Shannon,
Sharpe, Shea, Shepherd, Sherrill, Shreve,
Smagula, Smith, Smith-Frailey, Snyder, Spadano,
Stuart, St. Onge, Sutton, Swanson, Sweetser,
Szylvian, Teague, Theriault, Thibodeau, Thomas,
Thompson, Tillman, Tobiason, Tousignant,
Towers, Tremble, Trubey, Uher, Vacca, Vacirca,
Vincent, Vondal, Vullo, Wagner, Walker, Ward,
Werber, West, Whitaker, Widmann, Williams,
Willets, Willis, Wilson, Wood, Woods,
Woodward, Worthley, Wrobel, Wrona, Wyman,
Young, Zahos, Zelukiewicz, Zeoli, Zocchi.