

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
Cecilia Healy
Patricia Holmes
Ret. Chief George Rogers*

FRIENDS OF THE CAMERON OFFICERS

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

SUNDAY HOURS

The Cameron Senior Center will be closed on Sundays from June until after Labor Day.



We are very grateful to all of the volunteers that provide invaluable services and assistance to the Council on Aging and our Westford seniors. We want to honor anyone that has volunteered their time here at the Cameron Senior Center or in the community supporting our seniors. **ALL volunteers are invited!** *Please join us for a dessert social on Friday, June 10th from 1:30-3:30 here at the Cameron.* Come meet some of our other wonderful volunteers, socialize and enjoy delicious treats and drinks. We couldn't do all we do without our volunteers! Please call the front desk at 978-692-5523 by June 3rd to register so we have a head count. Many thanks!

CAMERON'S FIRST ANNIVERSARY!!



Come join us at Cameron on **Thursday, June 23rd** and help us celebrate our First Anniversary back at Cameron! The cake will be cut and shared with all at 12:30 PM. Please register at 978-692-5523 if you plan on attending.

YARD SALE

On **Saturday, June 18th from 8 AM–Noon** The Friends of the Cameron Senior Center will sponsor a yard sale at Cameron. We plan on holding this outside weather permitting or indoors if there is rain. We are in need of your yard sale donations. The

Friends will be at Cameron (rear of building red door) on **Friday, June 17th from 1 – 3 PM to accept donations in good condition** for our sale. Table space is available to rent from us at \$15 per table; please sign up early. Checks are made payable to The Friends of the Cameron Senior Center. Contact us at 978-692-5523 for an application. You may bring your own set up for the same fee but indicate that on your application. Volunteers are needed for set up and or clean up on Saturday, June 18th from 7 – 8:30 AM and 11:45 – 1 PM.

HEAT STRESS

To avoid heat stress this summer:

Use head protection (hats, umbrellas)	Stay inside during hottest time of day
Avoid exertion	Drink plenty of fluids
Take cool showers or baths	Wear light weight & light color clothing
Symptoms to be aware of:	
Fatigue	Nausea
Confusion	Dizziness
Throbbing headache	Rapid Heartbeat

RETURN OF OUR SALAD BAR

Our popular salad bar will be returning to Cameron on Thursdays and Fridays at 11:30 AM beginning **June 2nd**. We are looking for set-up volunteers from 9 – 10 AM and clean-up volunteers from 12:15 – 1 PM. Donations of needed food items as well as cash donations will also be gladly accepted. Please call 978-692-5523 if you would like to help. The success of this Salad Bar depends on attendance and volunteers!

COOKOUTS

The Friends of the Cameron Senior Center invites you to our Independence Cookout on **Friday, July 1st, at 11:30 AM**. Chef Bill will be grilling hot dogs and hamburgers. Please bring a salad or dessert for all to share. We will be eating indoors.

Reservations are a must, call 978-692-5523 and sign up by June 24th.

Senator Donoghue and Representative Arciero are hosting a cookout on **Thursday, August 4th at 12 Noon** at the Cameron. This is a great opportunity to meet with them. Registration must be made early by calling 978-692-5523. Don't come empty handed...please bring a non-perishable food item for the food pantry.

The Kiwanis will host a cookout on **Tuesday, August 9th at 5:30 PM** at the Cameron. Please bring a salad or dessert to share. Registration is a must; call 978-692-5523 by August 4th.

CAMERON CLOSET

Please visit our Thrift Shop located on the second floor of the Cameron Senior Center. We are accepting summer donations in excellent condition. New treasures arriving daily, but will only remain on the floor for 30 days, so don't miss out! Donations accepted daily Monday-Friday 8AM-Noon. Please check in at the front desk and we will be happy to help you unload at the **back red door**. Thank you for your cooperation.

RESTAURANT REVIEW

Ladies, mark your calendars for our next outing on **Wed, June 29th at 11:30 a.m. at Thai Jasmine, 313 Littleton Rd, (rte. 110) Chelmsford**. 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.

FRIDAY MOVIE AND POPCORN

Please join us on **Friday June 17th** from 1-3 PM in the Billiards Room, on the 2nd floor of the Cameron Senior Center. We will be showing "The Kings Speech" an award winning film not to be missed. Refreshments

provided, please sign up by calling our front desk at 978-692-5523.

VOLUNTEER CORNER

Volunteering at the Cameron is fun, meet new people and help out at the same time. We are seeking volunteers to help in the following areas, Fitness Room, Thrift Shop and a volunteer or two willing to pick up fresh produce at a farm in Concord every other Thursday beginning in June through October. For more information call Angela at 978-399-2330.

NEW- CAMERON COMPANIONS

Have you ever thought about attending an activity or function at the Cameron Senior Center? Perhaps you felt uncomfortable about going to a new place for the first time alone. If so, we have a solution for you! How would you like to have a companion attend a first time activity of your choice with you? Muriel and Diane, active participants, are happy to be your hostesses for your first visit to the center. Simply leave your name and telephone number at the front desk, 978-692-5523, and you will receive a personal call from Diane or Muriel to set up a convenient time to meet with you at the senior center. We hope your first visit will lead to many more!

CAREGIVER SUPPORT GROUP

Are you worn out? Let us know. For all the time you give.....give yourself some time. We are hoping to offer a free caregiver support group if enough people express an interest on one Wednesday a month from 6:00 – 7:30PM at the Senior Center. There will be a welcoming, relaxed, open discussion format with speakers tailored to individual requests of attendees. Please take a few minutes to contact us at 978-399-2325 or jramirez@westfordma.gov. By offering your feedback we will create a program that serves your needs.

DO YOU HAVE CONCERNS ABOUT FALLING?

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 program emphasizes practical strategies to manage falls. Participants are learning to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and learn exercises to increase strength and balance. This is an 8 week program which currently meets for 2 hours each week and has been very successful. We are hoping to offer the program again in the Fall 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 fall, please call our main number at 978-692-5523 and leave your name and phone number and we will look at scheduling it again in the September/October timeframe. You will be notified late summer if there is enough interest to confirm dates and times.

INTRO-COMPUTER

If you are interested in learning basic computer skills call 978-692-5523 to sign up. You will then 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.

FITNESS ROOM REIMBURSEMENT

Are you a member of the Cameron Fitness Room? Does your health insurance cover fitness memberships? Many health insurance plans now reimburse participants for wellness activities. It is as simple as calling the customer service number on your health insurance card. Request a fitness reimbursement form to be mailed to you, complete the form and mail it back. In no

time they will reimburse your membership fee to you.

GOLF TIME

We will be playing golf at a senior group rate at the Maynard Country Club, Route 27, every Tuesday the tee time is at 9 AM arrive at 8:30 AM to set up your foursome. Call the Cameron Senior Center at 978-692-5523 to be part of this group of men and women. On Tuesday, June 14th only (because of Men's Breakfast) our tee time will be at 10 AM. The \$25 fee includes nine holes of golf and electric cart. Appropriate golf attire only.

FINANCIAL INFORMATION

TAX WORK PROGRAM – FY 2012

The new tax work program starts again on July 1st. The Council on Aging administers the Senior Tax Program. All seniors 60 years and over who own the residence they live in and pay real estate taxes can apply to be assigned to work 100 hours for \$800 tax rebate. This will be subject to Federal Taxes. No check is ever issued to the individual. Twenty-five slots will be available for FY '12. A job match is found based on your skills/talents and placements are made for work in a Town Department or in a school situation. All work must be completed by March 31, 2012. If you would like to receive an application please call 978-692-5523. All completed applications and a copy of your latest Real Estate Tax bill must be at the Senior Center by **June 17, 2011.** You will be notified of acceptance into the program. Those assigned to a Town Department can start work July 1st. School assignments will begin with the opening of school in the fall. All questions about this program should be directed to Judy or Pat, Tax Work Program Coordinators, by calling 978-692-5523. Pat can also be contacted at preppucci@westfordma.gov. **You are considered independent contractors**

subject to federal tax and entitled to no Town employee benefits and present no liability to the Town.

THANK YOU

After almost 20 years of coordinating the Tax Work Program and the Tax Relief for Elderly and Disabled program, Dorothy Hall has decided to step down as coordinator and continue to act as advisor to both programs. Pat, a Westford resident, has agreed to take over as coordinator of both of these programs with expert guidance from Dorothy. We look forward to working with Pat and we thank Dorothy for her continuing service to the residents of Westford for these many years. We expect Dorothy to remain as a resource as we move forward with the programs she has so competently managed.

MONEY MANAGEMENT

We have money managers that are available to assist those 60 and older having difficulty writing checks and managing their bills. For more information call 978-399-2325.

FOOD PANTRY

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

- ❑ The third **Monday, June 20th** from 1:00 - 3:30 PM.
- ❑ The third **Wednesday, June 15th** from 8:30-11:30 AM.
- ❑ The third **Thursday, June 16th** from 8:30-11:30 AM and **Thursday evening June 16th** from 6:30 – 8:30 PM.
- ❑ The third **Friday, June 17th** from 8:30 – 11:30 AM.

The Westford Community Food Pantry is located on the first floor at Cameron. We are implementing 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.

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, June 13th from 10:00 – 11:00 AM** to answer any questions or concerns you may have regarding real estate matters. Please sign up by calling 978-692-5523. Refreshments will be available.

ASK THE LAWYER

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, July 20th, from 9:30 AM – Noon** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office. The next date for the lawyer is September 21st.

WHAT'S THE Wii? SEEKING INSTRUCTORS

Have you seen your grandchildren playing video games on the TV and often wondered what the heck they were doing? Well, the senior center has a video game system called the Wii. It's a game that simulates real activities i.e. bowling, golf and tennis. It's a fun way to get indoor physical exercise and to have some friendly competition with your peers. We are seeking folks who know how to use the system and would be willing to instruct others. Please call Annette at 978-399-2326 if you can teach and/or are interested in using the Wii system. Many senior centers have Wii golf and bowling teams and we would love to create that here.

ACTIVITIES

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 12 noon – 3 p.m. 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. The Billiard room will not be available in the afternoon on June 17th.

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.*

BOOK DISCUSSION GROUP

On **Monday, June 13th** the Cameron Book Discussion group will meet at 10 AM to discuss the novel, "The Twentieth Wife", by Indu Sundaresan. Copies of the current discussion book are available at the Library.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on **Wednesday, June 22nd at 10:45AM**.

BOWLING

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

MEN'S BREAKFAST

The Men's Breakfast in June will be held on Tuesday, June 14th – breakfast will be served at 8:00AM followed by the display of antique automobiles. This month the Mid-State Antique Automobile Club will be joining the Westford Men's Breakfast and exhibiting their Antique and Special Interest vehicles for all to enjoy. Come **see classics** from the 1930's right up to "muscle cars" of '60's on display in the parking lot behind the Senior Center. Owners will be on-hand to

talk about their cars and share stories. Please call Jim at 978-467-4300 with any questions. Please sign up for this breakfast by calling 978-692-5523 or e-mail jramirez@westfordma.gov

WOMEN'S BREAKFAST

Women's Breakfast is taking a vacation for the summer, we will resume in the fall with our next date of September 1st, 2011. See you then!

CONTRACT BRIDGE

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

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

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. **There will not be a class on June 30th.**

FITNESS/STRENGTH TRAINING ROOM

Come join the 250 seniors who are getting fit the Cameron Way! The Fitness Room hours are Monday - Friday, 8AM to 3:30PM. 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. You may be eligible for reimbursement through your insurance.

KNITTING-BUSY FINGERS – This group meets every Monday & Wednesday in the Welcome Area from 1-3 P.M. 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.

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.

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. The group will be performing on June 10th at Sunny Acres Nursing Home at 2 PM.

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.

SCRABBLE

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

WALKING GROUP

This group will be meeting at the Cameron every Wednesday and Friday at 8:00 AM. Come join us; we gather a few minutes before 8AM. If it is raining we will not be walking.

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. Call us if you are unable to attend afternoons but would like a morning class.

FREE YOGA SESSION

Fitness Instructor, GERALYN CRIMMINS, is donating free lessons to teach modified yoga to our seniors. Her weekly sessions continue from **10-11 AM every Friday, June 3rd through July 8th**. Yoga has been shown to help folks reduce stress and pain levels from arthritis and other chronic conditions. If interested in this program please call and register at our front desk 978-692-5523.

BASIC ZUMBA

Zumba class continues every Monday here at Cameron from 10 – 10:40 AM with instructor Amulya Deepak. The cost per class is \$3.00.

MEDICAL INFORMATION

DID YOU KNOW?

If you or someone you know is struggling with vision loss, there is help available. The NEW Perkins Low Vision Demo Center provides FREE demonstrations and

evaluations of the many different assistive devices and technology which can enable an individual to read the newspaper, labels on food, watch TV, play games and more. The new center is located on the campus of the Perkins School for the Blind in Watertown, MA. For more information please call 617-972-7308.

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, June 8th at 1:00 PM**. The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523. The next clinic date is August 3rd.

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, **June 14th** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **June 22nd** 8-10 AM with the Lowell VNA on the second floor of Cameron.

ANNUAL PHYSICAL AND MEDICARE COVERAGE

It is understandable that there is confusion about medical coverage under Medicare Part B because of all the recent changes. Starting on January 1, 2011, Medicare Part B pays for 100% of annual routine physical, which includes an updating of your medical history, including a list of current doctors, conditions and medications, a check of your height and weight, blood pressure and body mass index, and a screen for cognitive issues. Also covered is a preventative plan based upon your needs, mammograms, colonoscopies and diabetes screenings. ***Your doctor may NOT charge you additional***

costs beyond what Medicare allows, unless additional services beyond what Medicare allows are provided. Annual routine physicals are an important strategy used in the screening, preventions and management of illnesses and medical conditions. To learn more about Medicare, please call our Shine Counselor for an appointment at 978-692-5523.

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 dates are **Monday's, June 13th and July 11th with appointments starting at 1:00 PM.**

BOARD OF HEALTH CLINIC

Hearing & Hearing Aid Test

Appointments are required by calling the Board of Health at 978-692-5509. The clinic date is **Monday, July 18th from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions. The next clinic date is September 19th.

OUTREACH

Do you have concerns about your aging parents and are not sure where to turn? Are you a senior who has few family or friends to assist you and aren't sure where to turn? You can turn to us ... your senior center has an Outreach Coordinator and Social Worker willing to talk with you on the phone, come to your home or meet with you here in the building. Simply call Annette at 978-399-2326 or Judy at 978-399-2325.

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.

TRANSPORTATION

We anticipate a very busy van schedule this summer! Please call as soon as you know you will need a ride at 978-399-2322 or e-mail lmathis@westfordma.gov.

Transportation costs remains at the same affordable round trip rate: \$3 within Westford, \$4 nearby towns, and \$6 for out-laying towns. We transport for medical, social, shopping, hairdresser or trips to the Cameron. Let us know where you need to be transported.

SUPPORT GROUPS

ADULT DIABETES SUPPORT GROUPS:

- ✓ Saints Memorial Medical Center in Lowell, call 978-934-8559.
- ✓ Concord Health Care Center, 1st Thursday of each month, 1:30-2:30 PM in the first floor conference room. Call Mary Bannon at 978-202-3520

ALZHEIMER'S & RELATED DEMENTIAS

CAREGIVER SUPPORT GROUPS:

- ✓ The Inn at Robbins Brook, Rte. 27 Acton, meets the 4th Wed. of each month, 4-5:30 p.m. 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.

BEREAVEMENT SUPPORT GROUP:

- ✓ YANA (You Are Not Alone) meets at the Westford JV Fletcher Library on the second and fourth Thursday's of the month at 7 PM. Call Cathy at 978-552-4904 for information.

PARKINSON'S SUPPORT GROUP:

- ✓ Meets the 1st Wednesday of each month from 2-4 p.m. at the John Cummings Building, Donaldson Room at Emerson Hospital, Concord. Contact Jerry at 978-443-5472 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.

WISDOM WORKS

The *Wisdom Works* Job Search Training Program helps adults 55+ learn the essential skills required for seeking employment in today's competitive marketplace. The program was developed as part of a state wide initiative through the Executive Office of Elder Affairs in conjunction with Keystone Associates, a premier search firm in Burlington, MA. The program is comprised of four, two-hour sessions during which job search strategies and employment goals are developed. The sessions are facilitated by Human Resource professionals who volunteer their time and expertise. The Billerica Council on Aging (COA) is offering two new sessions to be held at the Billerica Senior Center, 25

Concord Road, Billerica. A minimum of at least six participants will be required for each workshop. Registration fee is \$10 and payable to the Billerica COA. The workshop will be held on Tuesday evenings from **6:00 to 8:00 p.m.** on **June 7, 14, 21, 28, 2011**. If you are interested in participating or want more information please call 978-671-0916.

MEDICAL EQUIPMENT

We accept donations of only the following medical equipment: walkers, wheelchairs, commodes, tub seats and canes. Please only donate clean and functional equipment in excellent condition. **We CAN NOT accept the following: crutches, knee/back braces, oxygen tanks and tubing, foam padding, dietary supplement drinks, nor personal hygiene products.** Any questions please feel free to call Annette at 978-399-2326.

HANDYMEN

We are fortunate to have two semi-retired men who graciously volunteer many hours to help our local seniors on fixed incomes with small projects i.e. moving air conditioners, fixing lamps, small paint/carpentry jobs, etc. If you have a job that you need assistance with, call your Outreach Worker, Annette to discuss it at 978-399-2326.

MISCELLANEOUS

ESMV GOLF TOURNAMENT

The Elder Services of the Merrimack Valley will be having its 2011 Annual Golf Tournament on Thursday, June 9th at Meadow Creek Golf Club in Dracut, MA. There is “all inclusive” entry fee to give players access to all games and contests. The shotgun start is at 8:00 AM. For registration and more information go to their website www.esmvgolf.com

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 **June 9th**. 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.

CAMERON COLLECTING USED CELL PHONES

The Cameron Senior Center is collecting used cell phones. They will be reconditioned and then donated back to us for distribution use for protective services for victims of domestic violence or others that may need to carry one to reach 911 in an emergency.

FAMOUS TRIALS IN AMERICAN HISTORY

This is the last in a series that will be presented by Gary Hylander, PhD, Professor of American History at Stonehill College, where he specializes as a Presidential Historian. This is being held at The Inn at Robbins Brook at 2 PM on June 12th, “Worse than Murder: The Rosenberg Atomic Spy Trial”. Refreshments will be served. Please call 978-264-4666 to reserve a seat.

THANK YOU! THANK YOU!

Many thanks from the Westford Seniors to the Westford Police Association for a fun evening with a delicious Spaghetti/Meatball Dinner, entertainment and prizes (donated by local businesses). Everyone had an enjoyable time! Many thanks also to a great group of newsletter volunteers, their help is truly appreciated. Thank you everyone!

GAINING GROUND VEGETABLES

Again this year vegetables will be brought to the Cameron on Thursday afternoons from Gaining Ground in Concord. This program should start sometime in late June. We are looking for some help with the pickup of the vegetables. Please call 978-692-5523 if you can help. *We ask that prior to taking vegetables you sign the registration form that will be on the table.*

COFFEE/HOT CHOCOLATE FEE

There will now be a 50 cent charge for each cup of coffee or hot chocolate. Thank you for your cooperation.

NOTARY PUBLIC

We will have Notary Publics available at the Senior Center on **Tuesday, June 14th from 1-2 PM**. If you need a document notarized we can assist you. Call us at 978-692-5523 to request a notary at another time.

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 Stader, 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.

Wednesday, June 15, 2011 “Fox Tours – Spirit of Boston”, a delicious lunch and

fabulous entertainment enjoying the breathtaking skyline and the wonder of the harbor on a two hour narrated cruise. This all inclusive trip is \$71 p/p and departs from the rear of the Franco at 9 AM.

Tuesday, July 12, 2011, “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.

Wednesday, July 20, 2011, Summer

Music Theatre “Hairspray” in Meredith Village and Hart’s Turkey Farm, featuring a delicious lunch with your choice of fresh Turkey, baked Haddock or sliced Beef. The cost of this all inclusive trip is \$76 p/p and departs from the rear of the Franco parking lot at 9 AM.

Wednesday, August 17, 2011, The North Shore Theatre presents “Footloose”.

The Buckingham coach departs from the rear of the Franco parking lot at 12 Noon. The cost for this all inclusive trip is \$74 p/p.

Tuesday, September 6, 2011, “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.

Tuesday, September 13, 2011, “Scottish Highlands”

this show transports you to Scotland through music, dance and artistry. Best of Times coach departs from the rear Franco parking lot at TBD. The cost of this all inclusive trip, including an all you can eat buffet at The Common Man is \$82 p/p.