

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 Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

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

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

SEPTEMBER 11th

COMMEMORATION SERVICE

A service will be held on the Westford Town Common beginning at 8:30AM on Sunday, 9/11/11 to commemorate the 10th anniversary of the tragic events of September 11, 2001. Please watch the newspapers or the town website, www.westfordma.gov, for more details.

SUNDAY HOURS

The Cameron Senior Center will be open on Sunday afternoons for socialization and fitness starting September 18th from Noon until 3 PM. Please bring your own lunch and something to share with others “Pot Luck” style.

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!!

Come join us on **Friday, September 23rd at 1:30 PM** for an interactive performance of “**Lizzie Borden and the 40 Whacks**” presented by Delvena Theatre Company. The performance includes a mock trial that invites the audience to participate in the questioning of Lizzie, deciding her guilt or innocence and imparting a sentence if appropriate. After the performance we will be serving refreshing **Root Beer Floats**. Please call 978-692-5523 to sign up. “*This program is supported by a grant from the Westford Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*”

RESOURCE FAIR

Our fair in March featuring products was such a success that we thought we would offer another similar fair in the fall here at the Cameron on **Friday Sept. 16th from**

1:30 to 3:00 PM. This fair will focus mostly on services and resources available to seniors i.e. homemaking services, residential options, day programs, etc. You will be able to go table to table and speak to a representative from several agencies. If you are interested in attending please sign up at our front desk or call 978-692-5523. Drop ins will be welcome that day also. Any questions speak with Annette or Judy.

FRIDAY MOVIE AND POPCORN

We are returning after our summer break with a comedy. Please join us to watch "Monster in Law" with Jane Fonda and Jennifer Lopez, **Friday, September 9th from 1-3PM** in the Billiards Room 2nd floor of the Cameron Senior Center. Refreshments will be served. Register for this activity by contacting the front desk at 978-692-5523.

SPAGHETTI SUPPER

Join the Friends of Cameron on **Thursday, September 22nd at 5 PM** for a Spaghetti Supper here at Cameron followed by Bingo. *Enrollment is limited so you must register at 978-692-5523.* Dinner includes spaghetti and meatball, bread, butter, salad, dessert and coffee.

MINI GOLF AT KIMBALL FARM

Come out and enjoy a game of mini golf on **Thursday, September 8th at 10:30 AM.** A lunch will follow with a choice of hot dog or hamburger, a drink and a small ice cream. \$14 fee includes all. Register early at 978-692-5523. Arrive and check in at 10:15 AM. We will also be having a second Mini Golf day on **Wednesday, October 5th at 10:30 AM.**

KIMBALL GOLF TOURNAMENT

This year we will be having the thirteenth annual Cameron Classic at Kimball's on **Thursday, September 22nd at 9:00 AM.** A

\$14 entry fee will include eighteen holes of golf, a hot dog or hamburger lunch with a cold drink and a small ice cream. This has proven to be a fun day for beginners and low handicaps as well. You may register with a partner or as an individual. Payment is due at time of registration 978-692-5523. Arrive and sign in at 8:45 AM.

HARVEST FAIR

Come and support the Friends of Cameron and start your holiday shopping early. There will be many games of chance, knitted goods and something for everyone at low, low prices. **Friday and Saturday, October 28th and 29th from 9 AM -2 PM at the Cameron Senior Center, 20 Pleasant Street.** Donations of gift certificates and new items are needed.

CAMERON CLOSET

Please visit our Thrift Shop located on the second floor of the Cameron Senior Center. We are looking for savvy bargain shoppers for our nice assortment of clothing. New treasures arrive daily. We are in need of men's and children's clothing, knick-knacks accepted in the shop only on Tuesday mornings.

RESTAURANT REVIEW

Ladies, mark your calendars for our next outing on **Wednesday, September 28th at Fihlo's Cucina Italian Restaurant at 235 Main St., Groton, MA.** 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". If you have any suggestions for restaurants, let Annette know.

SALAD BAR

Our salad bar is available at Cameron on Thursdays and Fridays at 11:30 AM. We are looking for set-up volunteers from 9 – 10

AM and clean-up volunteers from 12:15 – 1 PM. Drop by if you would like to help.

VOLUNTEER CORNER

Harvest Fair needs help with set up on Thursday, October 27th at 12:30 PM at Cameron. Volunteers needed Saturday, October 29th at 1:30 PM for fair break down.

Spaghetti Supper needs volunteers as shoppers, cooks, prep cooks, table setters, and clean up. If interested please join us for a **meeting on Thursday, September 8th at 1:30 PM at Cameron.**

We are seeking a few folks who have “**handyman**” skills, free time and would be willing to assist our seniors with various tasks. We often get requests for putting in and taking out air conditioners, small paint jobs, lamp repair, etc. You would work closely with the Outreach Worker, Annette, who receives the requests from the seniors.

I am looking for one or two volunteers to coordinate the **movie and popcorn** starting in the fall.

Morning and afternoon shifts are available to work in our **thrift shop**, shifts are 3 hours at a time. We are also looking for volunteers who would like to sort clothing as it comes in and organize it to be sold, sorting shifts are flexible.

Women’s Breakfast is seeking volunteers to assist with set-up, serving, and clean-up.

Food Pantry volunteers are needed for food moving, bringing products from the basement up to the food pantry. This volunteer position requires lifting.

If you would be interested in volunteering for any of the above opportunities or have any questions please contact the Volunteer Coordinator, Angela at 978-399-2330 for a CORI application.

Volunteer needed to help with our **fuel assistance program**, if you have either a nursing or social services background this

may be for you. Please contact Joanne at 978-399-2323 for details.

FUEL ASSISTANCE APPLICATIONS

Fuel assistance re-certification applications for those receiving fuel assistance last year were mailed directly to you from CTI in August. Please complete and return the application ASAP. New applicants’ appointments begin in November at the Senior Center for all residents by calling 978-692-5523. 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. If you have less than a quarter of a tank of oil, propane or kerosene call CTI at 978-459-6161 for an October appointment and have your application approved to request a delivery of fuel on November 1st. **They do not pay for any deliveries before November 1st.**

FOOD PANTRY

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

- ❑ The third **Monday, September 19th** from 1:00 - 3:30 PM.
- ❑ The third **Wednesday, September 21st** from 8:30-11:30 AM.
- ❑ The third **Thursday, September 15th** from 8:30-11:30 AM and **Thursday evening September 15th** from 6:30 – 8:30 PM.
- ❑ The third **Friday, September 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 Monday, September 5th due to the Labor Day 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. **This class will be returning on September 7th.**

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.

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

Do You Have Concerns About Falling? Many older adults experience concerns about falling and restrict their activities. 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 will learn 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. An informational meeting will be held at the **Cameron on Friday, September 9th at 10:00 AM**. If you have ever been concerned about falls, are interested in improving balance, flexibility and strength, had falls in the past or have restricted activities because of falling concerns then this is a program not to be missed. After the informational meeting, people will have the opportunity to sign-up

for the 8-week program. The classes will start on **Friday, September 16th** and will meet every Friday for 8 weeks from 10:00AM-12:00PM. Please call 978-692-5523 to register for the informational meeting and also for the 8 week program. There is no charge for this program, but regular attendance is expected. Joanne McCole RN, BSN from Life Care Center of Nashoba Valley, in Littleton, MA is an **A MATTER OF BALANCE** Master Trainer and will be conducting the informational class on **September 9th**, as well as teaching the 8-week course. She is a native of Westford and has worked as a nurse for 16 years with a specialty in older adults.

BONE BUILDERS

There are a few openings available in this Tuesday & Thursday exercise and strengthening class. Come and participate in this FREE program that can help you with balance and strength building. **Call 978-692-5523 to ask for a form and then stop by to complete the paperwork prior to the start of class.**

BOOK DISCUSSION GROUP

On Friday, September 9th the Cameron Book Discussion group will meet at 10 AM to discuss "Dogtown: Death and Enchantment in a New England Ghost Town", by Elyssa East. Copies of the current discussion book are available at the Library. Copies of the upcoming October book will also be available at the meeting.

BOWLING

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

MEN'S BREAKFAST

Our monthly Men's Breakfasts will be starting up in **September on the 13th**.

Breakfast begins at 8:00AM followed by a guest speaker. This month's presentation will be about Elder Law, Estate Planning, Powers of Attorney, Health Care Proxies and other legal issues. Dan Tremblay, Attorney at Law will be our speaker and his presentation will be followed by a question and answer session. We look forward to seeing you as we kick off our Fall program. ****It is important to register for the Men's Breakfast so enough food will be available.**** Please register for the Men's Breakfast by calling 978-692-5523 or e-mail jramirez@westfordma.gov.

WOMEN'S BREAKFAST

Our monthly Women's Breakfast will be returning on **Thursday, September 1st** at 8:30 AM. This month's presentation will be a photo and speaking presentation (with questions and answers) by Jose Ramirez Westford resident who has traveled to his native Cuba during the last few years with 2010 being the most recent trip. His talks have been delivered at UMass Lowell, and the Men's breakfast here in Westford among other places. In addition to his travel experiences, he will give updates on the many happenings in Cuba since he was there last. ***Please call and register in advance at 978-692-5523 so we can plan accurately for food.***

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.

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. Classes will be held on the second Thursday of each month **October 13th, November 10th, and December 8th from 1:30 – 2:30 PM**. Cost will be \$5.00 per class. Bring home a sample!

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

COOKING WITH ED

Instructor Ed Alessi will be back teaching his cooking class. All ingredients will be provided by the instructor. The next **class will be on Friday, September 30th from 1-2:30 PM**. You will be preparing sausage, chicken & vegetables in a light red sauce over polenta (corn meal). **A minimum of five people are needed for this class to happen**. Call 978-692-5523 to sign up; the deadline is September 27th with the cost being \$7 per person per class.

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 September 1st.**

NEW – HOT TOPIC DISCUSSION

Ed Alessi, author, retired Clinical Social Worker, and Assistant Professor of

Sociology and Psychology at local colleges will be presenting this month's hot topic discussion on the Koran. This will take place in the **Library at Cameron on Tuesday, September 20th from 9:30 – 11 AM**. Please call 978-692-5523 to register.

NEW-INTERNATIONAL FOLK DANCING

Our chair aerobics instructor, Jo, has 30 years training in this art form. She will be offering this 5 week cultural opportunity to learn easy village dances from Eastern Europe, France, Japan etc. These dances are mostly done in joined circles with some being individual and some with a partner. The class will be held on **Thursday afternoons from 2:30 to 3:30 PM starting October 13th and ending November 10th**. The first class will be a “free trial” and if you like the class you may pay upfront \$10 for the remaining 4 classes or the “drop in” rate will be \$3.00 a class. Please call the front desk at 978-692-5523 to register.

FITNESS/STRENGTH TRAINING ROOM

Come join the 280 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.

GOLF TIME

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. Fee includes nine holes of golf and electric cart. Appropriate golf attire only. Golf planning meeting for next year on Tuesday, September 13th at 9:30 AM at Cameron.

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.

ASK THE LAWYER

Free legal service is available to all Westford seniors age 60 and over by appointment only on **Wednesday, September 21st, from 9:30 AM –Noon** call 978-692-5523 to reserve a time.

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.

NEW-INTRODUCTION TO MEDITATION

Join us this fall for an 8 week exploration of *meditation*, a practice that relaxes the body and calms the mind. You will learn tools and techniques that you can apply to your everyday lives to cultivate awareness, improve physical and emotional well- being and reduce stress. Our instructor, Pat, is a certified yoga instructor and older fitness instructor. **The first class will be on Tuesday, September 20th from 9-10 AM and is a “free trial”.** If you like the class and want to continue, you can pay up front \$21. for the next 7 weeks or it will be \$4. to drop in on a class. The class will run from Sept. 20 through Nov. 8th and will be held in

our billiards room. The class is limited to 12 attendees. Please call the front desk to sign up at 978-692-5523.

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. They will **resume rehearsals on September 9th.**

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, September 12th and 26th, and Monday’s, October 3rd, 17th, and 31st from 9:30 to 11:30 AM. Interested quilters please come with your talents and ideas! This group is currently working on a quilt to be raffled off at the October Harvest Fair. The raffle will benefit the Cameron Senior Center. If anyone is willing to donate time to help machine quilt a current project, please call Roberta at 978-692-3292.

ASK OUR REALTOR

Local real estate agent Kathy Cunningham of Coldwell Banker will be here at Cameron on **Monday, September 19th from 10:00 – 11:00 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.

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.

NEW - FORMING Wii BOWLING TEAMS

We are excited to announce that we have an instructor willing to demonstrate the Wii. The Wii is a television gaming system that simulates real sports, golf, tennis, bowling etc. So if you love to bowl or want to learn, we are forming teams now. Our indoor, free “bowling league” will be on **Monday mornings from 10:30 AM to Noon beginning September 19th** in the Billiards room here at Cameron. If interested please call the front desk to sign up at 978-692-5523. We can match you up with someone or come with your own partner. It is 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 new instructor for a FREE 45-minute class on **Thursday, September 8th at 8:30 AM.** Classes continue on Thursdays at 8:30 AM for \$3 each. It's a great way to start your day!

DID YOU KNOW?

Remember that the Registry of Motor Vehicles no longer sends reminders regarding license renewals. It is up to you to keep track of when your license expires. Don’t get stuck driving with an expired license. For further information call the registry at 1-800-858-3926 or visit the website www.massdot.state.ma.us/rmv/

MEDICAL INFORMATION

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, October 5th at 1:00 PM.** The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523. The next clinic date is December 7th.

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

MEDICARE OPEN ENROLLMENT IS CHANGING!

New Dates: OCTOBER 15 – DECEMBER 7

The annual Medicare Open Enrollment (**October 15 - December 7**) 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. In September, if you are a member of a Medicare Prescription Drug Plan or a Medicare Advantage Plan, you will be getting 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.

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, September 12th 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, September 19th from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions. The next clinic date is November 21st.

OUTREACH

As an Outreach Worker it is my job to “reach out” to seniors via phone calls and home visits and to be available to you for needs that may arise. However, I would also encourage you to “come out” and see us at the newly renovated Cameron center. We have many new and returning programs this September for you to participate in. Our Cameron Companions are willing to give you a tour or attend a program with you the first time. Research proves and I have

witnessed firsthand, that those folks that “come out” and socialize with others tend to have better health, happier spirits and overall life satisfaction. A few hours of your day to be with others may end up being one of your best decisions! Any questions, call Annette, 978-399-2326.

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

Call 978.399.2322 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. Our van goes every Wednesday to Market Basket, with a stop at Tadmuck Road Housing. Please call to reserve your ride to Market Basket on Wednesdays in advance. *Look elsewhere in this Newsletter for a **FREE RIDE COUPON.***

SUPPORT GROUP

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 p.m. and a light supper will be served. Registration required, call Maura Capriccio at 978-264-4666. There will not be a meeting in July but will resume on August 24th.
- ✓ Chelmsford Senior Center, meets the 2nd and 4th Monday of each month from 1-2:30. For information call 978-251-8880.

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.

MISCELLANEOUS

LIRA

Are you interested in learning new ideas, discovering new areas in art, music, science, or exploring museums, attending a symphony, joining a book club? The Learning in Retirement Association (LIRA) is an educational program affiliated with the University of Massachusetts in Lowell. It is designed for the semi-retired and retired with no age or educational requirements. If you would like more information go to www.uml.edu/community/lira or call (978) 934-3135.

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 **September 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.

GAINING GROUND VEGETABLES

Again this year vegetables will be brought to the Cameron on Thursday afternoons from Gaining Ground in Concord. *We ask that prior to taking vegetables you sign the registration form that will be on the table. Remember to share the produce!*

SHREDDING

Do you have a need to shred some papers that have accumulated at your house? On Friday, September 9th from 8AM – 12 Noon we will assist you at Cameron with your shredding needs. **You will need to remove all staples and paper clips prior to arriving at Cameron.** There are limited slots remaining call 978-692-5523 to schedule a **fifteen minute** appointment.

GO GREEN WITH OUR NEWSLETTER!

You can help save the COA about \$5/year AND save the environment by viewing our newsletter online at: www.westfordma.gov/coa then click on Town of Westford COA and then COA Newsletter. If you are going away for more than a few weeks, please let us know so that we can stop the mailing of your newsletter. If you have come back and are not receiving your newsletter, please let us know and we will put you back on distribution. We are updating our mailing list and apologize if we are not meeting your preference. Please let us know by calling 978-692-5523.

WISH LIST

We are in need of new items to be donated for our Harvest Fair. The following is just a list of suggested items that you may wish to donate: new crafts, knitted goods, new prizes for games of chance, silent auction

items, basket of goodies and gift certificates. Please drop items off at Cameron clearly labeled Harvest Fair. We are also in need of brown grocery bags for the food pantry.

THANK YOU

The Friends of the Cameron Senior Center want to thank all who participated in our first annual June Calendar Raffle. It was a great success! This will become one of our annual fundraisers. See you next Spring!

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.

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 of the 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.

Tuesday, October 11, 2011, "Mohawk Trail Foliage Tour", Village of Shelburne, lunch at Chandlers, a visit to Atkins Farm and return home at 5 PM. Fox Tours coach departs from the rear of the Franco parking lot at TBD. The cost of this all inclusive trip is \$60 p/p.

Tuesday, November 8, 2011, "Mohegan Sun" 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.

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 \$81 p/p.

FREE RIDE COUPON

This coupon when presented at the time of the ride entitles the bearer to one free round trip on the Council on Aging accessible van. We will pick you up at your door and return you Monday – Friday 8 a.m. – 4p.m. Call 978-399-2322 to reserve your ride to your destination. We regularly transport for medical appointments, shopping, socialization, hairdressers, bank and the Senior Center. **One coupon per customer with a value of \$3. to \$6. This coupon expires September 30, 2011.**