

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

*George Rondeau, President
Aurea Rondeau, Vice President
Joyce Cederberg, Secretary
Marie Lawrence, Treasurer
Marjorie Hunter, Asst. Treasurer*

HOLIDAY LUNCHEON

Join us for a catered holiday luncheon at the **Cameron Senior Center on Friday, December 3rd seating at 11:00 A.M.** Lunch (Roast Pork Loin) will be prepared by Shirley Caterers and served around Noon. Fee for lunch is \$7.00. There is limited enrollment and is opened to Westford Residents Only. Call 978-692-5523 for reservations

LASAGNA SUPPER

We had such a wonderful time at the October pasta bash that we are planning to sponsor a supper on **Wednesday, December 15th, 5 PM at Cameron.** The food will be prepared by Nashoba Tech and feature lasagna, garlic bread salad and dessert. There is limited enrollment and is for Westford Seniors only. You must register before the December 10th deadline at 978-692-5523. At 6 PM we will hold a Yankee Swap for all who bring a new wrapped gift under \$10 in value. Lights out at 7:30 PM.

NEW YEAR'S EVE DAY LUNCHEON

Our first ever New Years Eve Day luncheon will be held on **Friday, December 31st at 11:30 AM at Cameron.** The luncheon will consist of ham, potato salad, vegetables, salad, rolls and dessert. Ring in the New Year with us by registering before the December 21st deadline at 978-692-5523. There is limited enrollment and is for Westford seniors only.

HOLIDAY BASKETS

If you would like to contribute to the baskets, coordinated by the Council on Aging, we ask that you complete a holiday donor form that may be obtained by calling Angela at 978-399-2330. Donations in the form of a check should be made payable to

“The Friends of the Cameron Senior Center” and indicate on the memo line of your check “Holiday Baskets”. We are also in need of gift certificates to distribute to families and individuals for food and gifts. Christmas certificates need to arrive prior to noon on December 16th. If you are in need of food at the holiday time or gifts for young ones please call us for an application at the above number. Our mailing address is Senior Center, PO Box 2223, Westford, MA 01886.

SOUPS, SANDWICHES AND SQUARES!

Come join us here at Cameron for some hearty soups and sandwiches, and Square Dancing. Join in or feel free to watch as Bayberry at Emerald Court, voted Tewksbury’s #1 Assisted Living Community, will provide soups and sandwiches at 1:00 PM, followed immediately by dancing. Kick up your heels! It’s sure to be a swinging time! All levels welcome! **Date: Friday, December 17th from 1:00 – 3:00 PM. Please call 978-692-5523 to sign up.**

DAY BINGO AT CAMERON

Starts Monday December 6th from 1pm to 3pm and will continue each Monday if well received. Don’t miss this event; it is sure to be a winner! Call 978-692-5523 to register!

MANICURES WITH LINDA

Come to the Cameron on **Monday, December 20th starting at 9 AM** and have a Holiday manicure. Linda is a licensed manicurist and is looking forward to meeting you and providing this service. This is FREE, all you need to do is call 978-692-5523 and sign up for an appointment. See you then!

BUCKET BRIGADE

If you are a senior in need of a FREE bucket of sand to be dropped off at your home prior to the winter, please call 978-692-5523 and

leave your name, address and phone number. Call us now if you still have last year’s bucket; it will need to be picked up.

SHOVELING UPDATE

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

VOLUNTEER CORNER

We invite you to attend a brief meeting on **Tuesday, December 7th at 10 AM**. We are looking for help with the following events:

- Wednesday, December 15th, 3-5:30 PM for dinner set-up and serving.
- Wednesday, December 15th, 6-7 PM for dinner clean-up and breakdown.
- Friday, December 31st, 9:30 AM – Noon, luncheon set-up and serving.
- Friday, December 31st, 1-2 PM, luncheon clean-up and breakdown.

The following meetings for current volunteers are on **Tuesday’s at 10 AM** as follows:

- Fitness Volunteers – January 11th
- Food Pantry Volunteers – Jan. 18th
- Thrift Volunteers – January 25th

BONE BUILDERS

We are looking for new instructors for new fall training classes. If you are interested please call 978-692-5523 and leave your name and phone number.

CAMERON CLOSET

Please visit our Thrift Shop located on the second floor of the Cameron. We are open for shopping everyday from 9AM-3PM, stop by we have lots of great items. We are now

accepting winter clothing only. We have no room for knick-knacks and other items until further notice. Please take advantage of our BOGO sale December 20th thru 30th buy one get one free!

Note: Donations accepted Mon-Fri 9AM to 12 PM. Please check in at front desk first, and we will be happy to help you unload at the back red door. Thank you for your cooperation.

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 **Wednesday, January 26th at 11:30 A.M. at the new European Restaurant at 75 Princeton Street, North Chelmsford.** This restaurant is located in the mill building where Bainbridges once was. 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.

GENEALOGY WORKSHOPS

Whether you're stuck on finding information on a distant ancestor or just starting your family tree, genealogists Bob, Patti and Mary Eve will help you at a one-on-one genealogy workshop. They will show you how to find information as they research your family. Please call the Cameron front desk at 692-5523 to sign up for half-hour sessions on **Tuesdays from 9 to 11 AM.** Be sure to bring any information that you have on the family or person you are researching.

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.

SUGGESTION BOX RESPONSE

Thank you for the added suggestions of hours of operation and phone number in the newsletter. We can and have added that information.

A bulletin board will be available. First I would like to work with the Art Class to see where we can display their work.

Fitness room expanded hours are still under consideration. We presently do not have the revenue to staff the front door for security. Your suggestions may be dropped off in the suggestion box in the Cameron Lobby.

FINANCIAL INFORMATION

CIRCUIT BREAKER 2010

- Maximum credit: \$970

Minimum Age: 65(as of 31 Dec 2010). If filing a joint return, only one needs to meet the minimum age requirement.

- Maximum Total Income:
 1. Single - \$51,000
 2. Head of Household - \$64,000
 3. Joint Return - \$77,000
- Maximum Assessed Value of Home: \$764,000(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 2010. You must file income tax to benefit for this credit even if you do not owe state income tax.

2010 INCOME TAX HELP

Hal, the volunteer tax expert, will be back this year to complete your 2010 federal and Massachusetts 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:

- 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 Massachusetts estimated tax payments that you made
- The four quarterly property tax bills that you paid in calendar year 2010 (the bills were due on 1 Feb 10; 3 May 10, 2 Aug 10, and 1 Nov 10). It is very important that you either bring the four bills that you paid in calendar year 2010 or a transcript of payments for calendar year 2010 from the Tax Collector's office.
- The four quarterly water bills that you paid in calendar year 2010 or a transcript of your calendar year 2010 payments from the Water Department.
- Your 2009 federal and state tax return
- 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 Massachusetts

income tax or are from federal or Massachusetts obligations.

- If you bought a main home after 30 Apr 2010 and before 1 Oct 2010, you may qualify for a rebate (even if you are not required to file a federal tax return). Bring the date that you signed a binding contract to purchase the home, the date that you closed on the home, and the purchase price.
- 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 2010, you may qualify for a credit on your tax return. Where you bought the energy efficient systems, windows, and doors can tell you if they qualify. Bring date paid, date installed, and dollar amount for each type of improvement.
- If you paid the sales tax in 2010 on a new car (not a used car) that you bought after 16 Feb 2009 and before 31 Dec 2009, you may be able to deduct the sales tax. Bring your bill of sale and the date you paid the sales tax.
- If you have income from working in 2010, you may qualify for a rebate (even if you are not required to file a federal tax return).

FUEL ASSISTANCE APPLICATIONS

Fuel Assistance income eligibility guidelines are: annual income for a household family size of one - \$30,751 and family size of two - 40,213. Appointments for new applications began in November. Call 978-692-5523 to set up a 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 Assessors 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 Assessors 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 to find out the eligibility requirements. The Assessors Office is now at Town Hall, 55 Main Street, their phone number is 978- 692-5504.

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.

FOOD PANTRY

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

- ❑ The third **Monday, December 20^h** from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, December 15th** and the third **Thursday, December 16th** from 8:30-11:30 AM

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

welcoming new volunteers and implementing new procedures. The dates and times will remain the third Monday, Wednesday and Thursday 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. Come and enjoy the new dining room!

ASK OUR REALTOR – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, December 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, January 19th, from 9:30 AM – Noon** call 978-692-5523 to reserve a time with an Attorney from Attorney Leslie Madge's office.

ROUDENBUSH ADULT SOCIAL DAY PROGRAM

This program runs five days per week, Monday-Friday, 8:30 AM – 3:30 PM with door to door transportation by private van. We serve hot lunch and AM & PM snacks.

Activities: coffee/conversation, discussion time, morning/afternoon activity time including word games, cooking, crafts, music, cards, video program, exercise, arm chair travel, movies and more. Visit www.roudenbush.org or call the Staff at 978-692-0803 for a brochure or to arrange for a FREE day.

DID YOU KNOW?

According to the National Council on Aging there are 5 key facts you should know about Health Care Reform and the Affordable Care Act. Fact #1 is that the law will not cut your basic Medicare benefits and it will make some benefits better. For example, in year 2011 if you enter the “donut hole” in Medicare prescription coverage you will only pay half of the drug costs, not the current full cost. By the year 2020 the donut hole will be phased out and completely eliminated. Fact #2 is that the law will reduce Medicare spending growth, extend Medicare solvency and is projected to reduce the budget deficit. Fact #3 is that the law will make it easier to receive and pay for long term care at home. Fact #4 the law will improve care for older adults and Fact #5 is the law will improve health insurance coverage for most younger Americans who don't have Medicare. For more information about health reform and its impact on you, please go to the website: www.NCOA.org/StraightTalk

CAKE DECORATING CLASSES

Join us at the Cameron for fun cake decorating for the novice by Jean. Her upcoming holiday classes that you can enroll in are as follows: **Thursday's, Dec. 2nd, 9th, & 16th Christmas theme.** Each cake decorating class costs \$7.00 and is held from 1-2 p.m. There is a maximum of 10 participants per class so preregistration is required by calling 978-692-5523. Ask about a list of baking supplies that are

needed and can be purchased at Market Basket or Michaels.

INTERMEDIATE BRIDGE

Are you “familiar” with the card game Bridge, not a beginner and not advanced, but would like an opportunity to play and sharpen your skills than we may have just what you need. We are offering intermediate bridge on **Monday's at 1:30 PM** in the card room so you can play, ask questions and connect with others. This will not be an advanced class or contract bridge. Hope to see you!

ACTIVITIES

The Senior Center will be closed on December 24th due to the Christmas Holiday and December 31st due to the New Year Holiday. Confirm class dates with your instructors.

As we are now in the winter season, please call 978-692-5523 to register for classes that you are already participating in so that if we need to notify you for any reason we will have current information.

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. Wednesdays at 9 A.M. All mediums used. Cost is \$5 per class.

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 room has a new big screen television!

BINGO – Thursday's, 7-9 PM, doors open ½ hour early; also Monday's, 1 – 3 PM. *If you need a ride call the transportation line at 978-399-2322 in advance.* **In case of inclement weather, call before 4 P.M. at 978-692-5523.**

BOOK DISCUSSION GROUP

On Monday, **December 13th** the Cameron Book Discussion group will meet at 10 AM to discuss "South of Broad", by Pat Conroy. Copies of the current discussion book are available at the Library. Copies of the January book will also be available at the meeting. We are now meeting at the Cameron Senior Center Library Room.

BOOKMOBILE

The J.V. Fletcher Library bookmobile is scheduled to stop at the Senior Center on **Wednesday, December 15th 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

Our December Men's Breakfast will be held on **Tuesday, December 14th at 8:00AM.** Synergy HomeCare of Westford will present a program – "Using Humor to Heal." Marie Ambrosino, Community Educator for Affinity, will be leading a program on laughter and humor in today's world. As adults we become so consumed with the activities of daily living and holiday commitments that we often forget to laugh and embrace the simplest joys of life. Please join Jay Beausoleil of Synergy, Marie Ambrosino of Affinity, at our monthly Men's Breakfast to help bring some laughter into your life just in time for the holidays!

Please register for this breakfast at **978-692-5523** or e-mail jramirez@westfordma.gov. Donations are welcome.

WOMEN' BREAKFAST

Our next Women's Breakfast will be **Thursday, December 2nd** at the Cameron Senior Center. Breakfast is served at 8:30 AM and our presentation begins at 9:00 AM. This month the Westford Recreation Department will be cooking and the Music Makers with Ann Bennett will be performing. Please sign up by calling 978-692-5523 or email Angela at agagne@westfordma.gov. Donations are welcome. See you on the 2nd!

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.

CARD MAKING WITH RUBBER STAMPING

This class will not be held the month of December, but will **resume on January 5th!** **Classes are Wednesday's at noon –note time change!** We will be working on Valentine & Birthday Cards. Call 978-692-5523 to sign up!

CRIBBAGE

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

CHAIR MOVEMENT EXERCISE

Tuesday and Thursday 10:30–11:15 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 maybe used and are provided as well as

optional for the participant. Our instructor is Jo. The fee is \$3.00 per class.

DOMINOES

Come join us every **Friday at 1:00 PM** to play Dominoes; this is a new group so come join the fun! Bring dominoes if you have them. If you are interested please call 978-692-5523 to sign up.

FITNESS/STRENGTH TRAINING ROOM

Come join the 150+ seniors who are getting fit the Cameron Way! 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.

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!

MAH JONGG

Join this well received group on **Wednesdays at 1 PM**. Mah-Jongg trains your brain with games. All level of players are welcomed.

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.

SCRABBLE

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

TAI-CHI

FREE classes at Plum Blossom Academy, 222 Great Road #13, Littleton every Thursday from 12 to 12:45 PM must be 65 or older. For more information call 978-486-3095.

WII

WII is available at the Cameron Senior Center. Stop in and have some fun playing tennis, bowling or golf! If you need some assistance ask Annette.

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. Props, chairs, or walls are used to make poses accessible and to provide support and safety in balance poses. This class is designed to gently help you build strength, increase flexibility, improve mental clarity, and energize the body. *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. Additional sessions will start in January.

PODIATRY CLINIC

Dr. Weakland will be at the Senior Center on **Wednesday, December 1st at 1:00 PM**. The cost of the clinic is \$25. Appointments

are necessary; please call 978-692-5523. The next clinic date is February 2nd.

MEDICAL INFORMATION

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

MEDICARE DECISION TIME

Open Enrollment Started November 15

Medicare Prescription Drug (Part D) Plans and Medicare Advantage Plans change every year. Many plans will no longer be available in 2011.

All people with Medicare should:

- Review the 2011 costs and coverage of their current plans
- Compare with other plans in their area
- Choose a plan that meets their needs and budget.

The Medicare Annual Open Enrollment Period started November 15th and continues through December 31st, for coverage beginning January 1, 2011.

There are significant differences between plans. Starting in 2011, different Part D Plans in our area will have monthly premiums from as low as \$14.80 up to as high as \$120.10. However, monthly premiums are not the only things to consider. Plans have different deductibles, co-pays, covered drugs and restrictions. Plan information and cost estimates can be found by entering a drug list into the

Medicare Plan Finder on www.medicare.gov.

The SHINE program can help you!

For help understanding your options and finding the lowest cost Part D Plan for you, call your local Senior Center to schedule a FREE individual appointment with a SHINE counselor as soon as possible. Do not wait! Bring all your insurance information and a list of your prescription drugs with dosages to the 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 dates are **Monday's, December 6th and 13th 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 next date is **Tuesday, January 18th from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions.

OUTREACH

When the cold weather arrives we want to be sure our seniors have the basic essentials like heat and lights. Please contact us in the Social Work/Outreach dept. if you or someone you know may be living in difficult conditions. Also, it is that time of year when many applications need to be completed and filed for fuel assistance, food stamps and tax relief. We are available to help you so please don't hesitate to call so we can set up an appointment. Call Annette at 978-399-2326 for assistance.

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.

SUPPORT GROUPS

- ✓ **ADULT DIABETES SUPPORT GROUP** meets at Saints Memorial Medical Center in Lowell. Call 978-934-8559 for more information.
- ✓ **ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUP** meets the fourth Wednesday of each month from 6-8 PM at The Inn at Robbins Brook, Route 27, Acton. For more information contact The Inn at Robbins Brook at 978 264-4666.
- ✓ **ALZHEIMER'S CAREGIVER SUPPORT GROUP** meets the second and fourth Monday of each month from 1:00 – 2:30 PM at the Chelmsford Senior Center. For more information call 978-251-8880.
- ✓ **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.

TRANSPORTATION

Welcome to the holidays! Just a reminder to call 978-399-2322 as soon as you know you will need a ride! If there is a question about transportation because of inclement

weather, please call the front desk at 978-692-5523.

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

NEW SERVICE – FAMILY SERVICES DETECTIVE

Westford Police Department Family Services Detective, Matthew Furlong, will be available for consultation at Cameron on the **second Thursday of each month from 11AM to 12Noon** – he will be here on **December 9th**. Please join us in December at 11AM to welcome Matt to his new position and thank him for this service – refreshments will be available. At these monthly sessions, you may reserve time with Matt, or walk-ins will also be welcome as time permits. Matters discussed will be kept confidential. To schedule an appointment, please call 978-692-5523. The next date for this service will be January 13, 2011.

FALL LEAF PICK-UP

The Acme Company has one leaf pickup day available. That will be on Saturday, December 4th. 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 pick-up schedule.

VETERANS SERVICES

The town's Veterans Services department will be holding office hours at Cameron Senior Center every Thursday starting in **December** from **8:30 AM to 12:30 PM**. If any veteran or relative of a veteran has any questions about what services or benefits a veteran is entitled to, please feel free to stop by to speak with Terry Stader, Westford's Veterans Service Officer. The Veteran Officer's office is located at the Millennium Building, 23 Depot St. Please call 978-392-1170 for an appointment. Office hours are posted on the town website at www.westfordma.gov/veterans or email him at veterans@westfordma.gov.

GIANT FLOWERS IN THE ART ROOM!

What's with those giant flowers in the art room? Come find out when Big Paper Design comes to the Cameron Senior Center on **Monday, January 31st at 10:00 AM**. Join Westford artists, Mary Gallant and Natalie Sandore, for a presentation about their Big Paper Design studio and a short demonstration on the process they use to create their large scale paper and wire sculptures. Starting in February 2011, the artists will be offering an engaging class using their sculpture techniques. Sign up for the class after the artists talk or by calling 978-692-5523. Class size limited to 12 people.

EMPLOYEE OF THE MONTH and PAT ON THE BACK

Congratulations to the **entire** Staff of the Cameron Senior Center they **all** are Employee of the Month and Pat on the Back winners! **Thank You, Staff!**

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.

CHECK OUT OUR WEBSITE

You can receive our newsletter online; if this works for you let us know your email address and your name exactly as it appears on this mail label and we can start going paperless. Send your email to cfrance@westfordma.gov

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. *Thank you for all your support!*

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.

Sunday, December 5th – “The LaSalette Christmas Lights and White’s Happy Holiday Celebration!” a delicious family style feast and Holiday Celebration. The cost of this trip is \$60 p/p and is all inclusive. Pick up at 9:30 AM at the Franco.

Sunday, January 16, 2011– “The Jersey Boys”, Depart from the Franco at 12 Noon, going to the Colonial Theatre via Buckingham Motor Coach. The cost is \$87 p/p and is all inclusive.

Thursday, February 10, 2011 – Showtime at Spinelli’s featuring Mel Simons, WBZ personality. Complete Lunch at Noon with a choice of meal. The cost of this all inclusive

trip is \$59 p/p and will depart at 10:15 AM from the Franco.

Friday, March 18, 2011, The Spectacular Boston Flower and Garden Show.

Enjoy all the change of seasons, lunch at Maggiano's, and tour 'new' Boston featuring the Rose Kennedy Greenway. The cost of this all inclusive trip is \$77 p/p and will depart at 8:30 AM from the Franco.

FRIENDS of the CAMERON SENIOR CENTER DONORS 2010

Thank you to all of the individuals, families and businesses who contributed to our 2010-2011 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.

Abrahamson, Abate, Allen, Anderson, Andruskiewicz, Babcock, Bacon, Barclay, Barrett, Bashore, Basinas, Bates, Belinski, Bernstein, Benoit, Berkowitz, Berry, Bhindarwala, Bissell, Blanchard, Bogue, Boisvert, Bojarsky, Bonner, Borrero, Boucher, Brazil, Brigham, Brown, Bruno, Buffo, Buretta, Burnham, Cacciatore, Cappello, Carrow, Catalano, Catino, Cattel, Cederberg, Chabot, Chaffee, Chaplin, Chateaonelif, Chu, Clark, Coffin, Cohen, Collins, Comley, Connell, Costa, Cote, Crocker, Crose, Crowley, Cullerton, Currier, Daly, Daranchuc, Datari, Davies, Demetriou, DeMone, Denault, Doersam, Dooley, Drake, Dubinski, Duncan Keller, Dundas, Earl, Elliott, Emmett, Engel, Erickson, Fahey, Fallier, Fernald, Fitzgerald, Fitzpatrick, Fletcher, Forge Village Improvement, France, Franceschi, Gagne, Gagnon, Galpin, Galya, Gardner, Garlow, Gillogly, Gilmore, Gingras, Giunta, Gladu, Gloyd, Gould, Graniteville Pride, Guttenberg, Haran, Harde, Harman, Healy, Holmes, Hopkins, Jewett, Johnson,

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