

*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**

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

### **REMINDERS: TIME FALL BACK AND ALARM CHECK-UP**

On Saturday Evening, **November 6<sup>th</sup>**, you will need to change your clocks; they should **Fall** back by **one hour**.

We would also remind you to check your smoke/carbon monoxide alarms. Each Fall and Spring the Council on Aging and Westford Fire Department partner to assist seniors who need help changing their smoke/carbon monoxide detector batteries. If you need assistance and would like to be put on a list for battery replacement, please call the Cameron at 978-692-5523 and you then will be notified when the Fire Department is available, **please do not call the Fire Department.** *If you live in a condo, your condo association should take care of this for you.* Please note that smoke detectors should be replaced every ten years.

### **REMEMBER TO VOTE**

State Elections, Tuesday, November 2<sup>nd</sup>.

### **INACTIVE VOTERS**

Did you return your census this year? If you haven't returned it, you may find yourself on the Inactive Voter list, which means paperwork. If you haven't returned your census, please do so at your earliest convenience.

### **SCAMS HIT WESTFORD**

A Westford senior recently was left a message that her Fitness application was incomplete and to call an 888 number. **DO NOT DO THAT.** *The directions when you call direct you to call another number that charges you \$3.95 per minute.* BE ALERT – think twice especially if you always do business locally.

### **HAM AND BEAN SUPPER**

The Annual Ham and Bean Supper will be held at the Franco American Club on **Saturday, November 13<sup>th</sup> at 6 PM, doors open early.** The dinner is being sponsored by the Westford Firefighters Association, the American Legion Post 159 and the Franco American Club. There is no charge for the dinner but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

### **THANKSGIVING DINNER**

Jim Geraghty, family and friends, will host for the **twelfth year**, a Turkey Dinner for Westford Seniors age 60 and over on **Sunday, November 21<sup>st</sup> at Westford Academy.** Bingo will be from 10 AM to 12 Noon with lunch starting around Noon. Volunteers will serve this full course homemade dinner to you. Seating is limited; reservations are necessary so please call 978-692-5523.

### **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, November 19<sup>th</sup> from 1:00 – 3:00 PM. Please call 978-692-5523 to sign up.**

### **TRIP TO AFRICA DVD PRESENTATION**

Would you like see the sights and hear the sounds of Africa without leaving Westford? Join us at the Cameron Senior Center, **Friday, November 5<sup>th</sup> at 2 PM,** to see a one hour DVD presentation narrated by Ross and Cindy Peatfield, long time Westford residents. The presentation

documents their mission trip to Africa, where they experienced what life is like for the people and children of Zambia and Cameroon. Please sign up by calling 978-692-5523.

### **FRIDAY MOVIE AND POPCORN**

Join us at the Cameron Senior Center **Friday, November 12<sup>th</sup> from 1 – 3 PM** for a movie and refreshments, in our new media room located on the second floor. We will be showing a comedy "The Bucket List" starring Jack Nicholson and Morgan Freeman. Don't miss it! Please sign up by calling 978-692-5523.

### **DAY BINGO AT CAMERON**

**Will begin on Monday, December 6<sup>th</sup> from 1PM to 3PM!** Don't miss this event which is sure to be a winner! Call the front desk at 978.692.5523 to register! Would you like this event every week or every month? **Your choice!** Let us know!

### **FALL YARD CLEANUP**

If you signed up for fall cleanup by Oct. 15<sup>th</sup> we are doing our best to match you up with a volunteer group to perform this service. Volunteers may be from local churches, scout groups or the Westford High School. If you have not been contacted yet by a group and have any questions, please contact the Outreach Worker, Annette at 978-399-2326.

### **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. The buckets will be distributed around November 19<sup>th</sup>. Call us now if you still have last year's bucket; it will need to be picked up.

### **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. We are open for shopping Mon –Fri. 9 AM to 3 PM, stop by we have lots of great items. We are currently accepting winter items in excellent condition. Donations are accepted Mon-Fri, 9am to 12 PM at the back door. *Currently we are not accepting knick knacks as we have an abundance.*

### **RESTAURANT REVIEW**

Ladies, our next outing will be a week early due to Thanksgiving. **On Wednesday, November 17<sup>th</sup> at 11:30 AM we will meet at CAFÉ MADRID 116 Chelmsford St (old Skips Plaza), 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.

### **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.

### **FINANCIAL INFORMATION**

#### **CIRCUIT BREAKER 2010**

- Maximum credit: \$960

Minimum Age: 65(as of 31 Dec 10). 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.

#### **FUEL SAVINGS PROGRAM!**

Are you in need of assistance with paying your oil bill? We are working with Concord Oil and JA Healy & Sons Oil Company to help with the cost of your heating oil this winter. If you are currently heating with oil and a member of your household is age 65 or over, we would like to help. This program is not for everyone. It is for those who are struggling to pay their fuel bill along with other bills.

It is as easy as one, two, three: (1) Complete “Friends of the Cameron Senior Center”

Fuel Savings application (2) Include a donation of \$10.00 made payable to The Friends of the Cameron Senior Center (3) Advise as to which oil company you currently use. You will receive a discount of .12 cents per gallon in addition to any other Senior Citizens discounts that apply from your dealer, once your application is reviewed for eligibility by the Council on Aging. If you are currently a customer of another oil dealer, please give Joanne a call with the name of your oil dealer and she will contact them to see if they would like to participate in the Fuel Savings Program. Call us at 978-692-5523 or stop in at the Senior Center today for your Fuel Savings application.

### **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 begin 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 are in the Millennium School at 23 Depot Street. Assessor's Office 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 **November** are as follows:

- ❑ The third **Monday, November 15<sup>th</sup>** from 1:00 - 3:30 pm.
- ❑ The third **Wednesday, November 17<sup>th</sup>** and the third **Thursday, November 18<sup>th</sup>** 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**

On Tuesday, November 2<sup>nd</sup>, we will be having sandwiches in place of our regular lunch from the Merrimack Valley Nutrition Program. If you would like to come and have a sandwich please call to sign up at 978-692-5523.

**ASK OUR REALTOR** – Local real estate agent Kathy Cunningham of Coldwell Banker will be here at the **Senior Center on Monday, November 15<sup>th</sup>, 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, November 17<sup>th</sup>, 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](http://www.roudenbush.org) or call the Staff at 978-692-0803 for a brochure or to arrange for a FREE day.

## **DID YOU KNOW?**

No matter what your age or situation, it is never too early to start planning for your future. Putting a long term supports plan in place now can help you prepare for the

future and give you peace of mind. We have here at the senior center multiple packets/guides entitled, “Embrace Your Future, A Planning Guide for Long Term Supports in Massachusetts”. The guide covers legal matters, staying home options, financial planning and other resources. Please contact the Outreach Worker, Annette at 978-399-2326 for a free copy of this guide. You may also learn more about long term planning by going to [www.longtermcare.gov](http://www.longtermcare.gov)

## **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, Nov. 4<sup>th</sup> & 18<sup>th</sup> Thanksgiving theme and Dec. 2, 9, & 16<sup>th</sup> 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 be starting just what you need. **Starting on Monday, November 15<sup>th</sup> from 2 – 4 PM** we will be offering intermediate bridge 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 November 11<sup>th</sup> due to the Veterans Day Holiday and November 25<sup>th</sup> and 26<sup>th</sup> due to the Thanksgiving Holiday. Confirm class dates with your instructors.*

**As we are now in the Fall 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.

BINGO – Thursday's, 7-9 PM. Doors open ½ hour early. *If you need a ride call the transportation line at 978-399-2322 by Wednesday.*

#### BOOK DISCUSSION GROUP

On Monday, **November 15<sup>th</sup>** the Cameron Book Discussion group will meet at 10 AM to discuss "Stones Into Schools", by Greg Mortenson. Copies of the current discussion book are available at the Library. Copies of the December 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's, November 3<sup>rd</sup> and 24<sup>th</sup> 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 next monthly Men's Breakfast will be held on **Tuesday, November 9<sup>th</sup> at 8:00AM.** This month's presentation will be a program chronicling the history of the Medal of Honor and will be presented by John "Pete" LaFond, Jr. Please sign up for the breakfast by calling 978-692-5523 or e-mail at [jramirez@westfordma.gov](mailto:jramirez@westfordma.gov). We look forward to seeing you here. If you have any questions, please call Judy at 978-399-2325

#### WOMEN' BREAKFAST

The next Women's Breakfast is on **Thursday, November 4<sup>th</sup> at 8:30 AM.** The speaker will be Lisa Slattery RN, BSN, Westford Health Department, she will be discussing strokes. Please sign up by calling 978-692-5523 or e-mail Angela at [agagne@westfordma.gov](mailto:agagne@westfordma.gov). Donations are welcome. See you on the 4th!

#### 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 10:30–11:15 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.

### ALL ABOUT THE MASSAGE

All About the Massage, a new Westford business, will offer custom massages. Fully clothed either on a massage chair or table, the sessions are 15 minutes each with an additional 5 minute interview. Our next monthly clinic will be held at the Cameron Center on **Tuesday, November 2<sup>nd</sup>, with appointments starting at 9 AM**. The cost

per session is \$15, for an appointment call 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.

### POOL TABLE

We have a pool table available for your enjoyment Monday-Friday 8 AM - 4 PM; also on Mondays and Wednesdays at 10 AM there will be pool players available if you would like to come and partner up. The room has a new big screen television!

### RUBBER STAMPING

Rubber Stamping for the holidays is in full swing! New classes will be focusing on shading with COPIC markers, utilizing a die-cut machine, and creating **your own unique cards and gift tags!** We are having fun with ribbon, embellishments, punches, “stickles”, and more! Classes are on Wednesdays from 1PM to 2PM. The valued retail cost of this course is \$25; **your cost is \$4**. Bring scissors and glue—beginners welcome!

### 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 1<sup>st</sup> at 1:00 PM**. The cost of the clinic is \$25. Appointments are necessary; please call 978-692-5523.

## 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, **November 9<sup>th</sup>** 9:30-10:30 AM with the Board of Health.
- Fourth Wednesday of the month, **November 24<sup>th</sup>** 8-10 AM with the Lowell VNA.

## MEDICARE DECISION TIME

### Open Enrollment Starts 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 starts November 15 and continues through December 31, 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](http://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, November 8<sup>th</sup> and 22<sup>nd</sup> 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 **Monday, November 15<sup>th</sup>, from 9:30-11:30AM** at the Senior Center. Tests are Free and provided by Rogers Hearing Solutions.

### **OUTREACH**

Cooler weather, shorter days and that time of year many applications need to be completed and filed. We are available to help you complete applications for SNAP (supplemental nutrition assistance program/food stamps), and tax exemptions i.e. CPA. If we can be of help to you please don't hesitate to call so we can set up an appointment. I can meet with you at your home or here at the senior center. Keep in mind we have a beautiful library warmed by a fire place; the perfect spot for reading your latest novel. 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](mailto:joconnell@bentley.edu).

### **TRANSPORTATION**

The **Holidays** are fast approaching! Please call as soon as you know you need a ride. A van will be going to the **Burlington Mall** on Wednesday, November 3<sup>rd</sup>, and the **Solomon Pond Mall** in Marlborough on Wednesday, December 1<sup>st</sup>. On both days the van will leave Cameron at 9:30 AM and return to the Mall for rides back to Cameron at 2:00 PM. Space is limited!

**NEED A DAY OF BEAUTY? LUNCH WITH THE GIRLS?** Cosmo Cuts and the Elegant Chef of Nashoba Valley Technical High School on Littleton Road is the place to be! Nashoba offers reasonable rates on salon services and prepares delicious lunches; in addition, they have a fabulous buffet on Fridays! Call our van service for a \$3 round-trip ride! The Technical High School phone number is 978.692.4711--ext 6142

**For Van Service: call 978.399.2322 or e-mail [lmathis@westfordma.gov](mailto:lmathis@westfordma.gov)  
Fee: \$3 within Westford**

### **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 HOLIDAY LUNCHEON**

Join us for a catered holiday luncheon at the **Cameron Senior Center on Friday, December 3<sup>rd</sup> 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 by November 19<sup>th</sup> for reservations.

### **FALL LEAF PICK-UP**

The Acme Company has agreed to have two (2) leaf pickup days. They will be on Saturday, November 13<sup>th</sup> and Saturday, December 4<sup>th</sup>. 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.

### **\*NEW SERVICE – FAMILY SERVICES DETECTIVE\***

Westford Police Department Family Services Detective, Matthew Furlong, will be available for consultation at Cameron monthly on the **2<sup>nd</sup> Thursday 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.

### **VETERANS SERVICES**

The town's Veterans Services department will be holding office hours at Cameron Senior Center on the 3<sup>rd</sup> Thursday of the month from **8:30 AM to 12:30 PM**. He will be here on **November 18<sup>th</sup>**. 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. Terry Stader, Westford's Veterans Service Officer, 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](http://www.westfordma.gov/veterans) or email him at [veterans@westfordma.gov](mailto:veterans@westfordma.gov).

### **EMPLOYEE OF THE MONTH**

**Congratulations** to Edna MacNeil she is our **November** Employee of the Month winner. She is one of the friendly faces you see at our front desk and does a great job assisting all those who come into Cameron. **Thank You, Edna!**

### **PAT ON THE BACK**

**Congratulations** to **Bill Vullo** our **November** Pat on the Back winner. He has been extremely helpful, pleasant and ready to assist new members train on how to use the equipment in our new Fitness Room. **Thank You, Bill!** Please feel free to nominate someone you want to thank for his or her volunteer work.

### **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](mailto:cfrance@westfordma.gov)

### **DIAL-A-LAWYER DAY**

November 17, 2010 - 5:30-7:30 PM ONLY, 1-877- 686-0711 or 1-617-338-0610  
FREE legal advice for veterans and families of veterans, who have legal questions involving access to benefits, family issues, employment concerns, landlord/tenant matters and other legal issues. For more information, use this link:  
<http://www.massbar.org/for-the-public/public-information/veterans-programming/veterans-dial-a-lawyer-program> .

### **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.**

**Wednesday, November 3<sup>rd</sup> - "Foxwoods"**  
Buckingham Motor Coach departs the Franco American Club at 7:30 A.M., fee \$25, due at time of sign up. Receive bonus and food coupon.

**Sunday, November 7<sup>th</sup> - "A Chorus Line - One Singular Sensation!"** at the North Shore Music Theatre with lunch. The cost for this trip is \$81 p/p and is all inclusive. Pick up time TBD.

**Sunday, December 5<sup>th</sup> - "White's Happy Holiday Celebration!"** a delicious family style feast and Holiday Celebration at White's and The LaSalette Christmas Lights. The cost of this trip is \$60 p/p and is all inclusive. Pick up time TBD.

**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.

**March 2011, Boston Flower and Garden Show.** Call for Information.

### **EXTENDED TRIP**

**Call Mickey at 978-692-8259 for reservations and information on the following trip.**

**December 10<sup>th</sup> thru 12<sup>th</sup> "Beacon Christmas Party Tour"**, 3 days/2 nights of "An Old Fashioned Beacon Christmas"  
Features a Holiday Luncheon Buffet, entertainment, Santa Claus, Holiday Candlelight Buffet, Beacon staff sing-along, Champagne Breakfast, Rocks' Christmas Tree Farm and a New Year's Eve big band party. Cost \$250.00 p/p D.O. Balance due in full by November 10, 2010.