

# AT THE CAMERON

## **INCLEMENT WEATHER POLICY**

The Cameron follows the same inclement weather procedures as Town Hall. For information please go to <https://westfordma.gov> or simply call the center at 978-692-5523 after 6:30AM to receive current information on delay/closure.



Due to public health guidance around COVID and its variants, Cameron programs may be changed, postponed or cancelled at any time. If changes should occur your COA staff will notify you as soon as possible. **All people must wear masks in public buildings, regardless of vaccination status. Thanks for your cooperation! Let's all stay healthy this year! We strongly encourage you to make your event attendance decisions based on the most up-to-date public health guidelines. Thanks for your understanding!**



## **JIM GERAGHTY'S FAMILY & FRIENDS 24<sup>th</sup> ANNUAL THANKSGIVING DINNER FOR WESTFORD SENIORS**

**Sunday, November 21, at Westford Academy**

A traditional Thanksgiving dinner will be prepared at Westford Academy and it will be available as a sit down dinner, or to-go. The menu includes turkey and dressing, gravy, sweet potatoes, corn, pies, and more. BINGO will be played from 10 - 12, with dinner served at 12:00. If you would like your meal to to-go, the traditional meal will be served in individual containers. To reserve, call the Cameron at 978-692-5523. We need to know if you're having dinner there or to-go, and the number of dinners you want. If you will be picking up at WA, choose your pick-up time slot- 12:00-12:30, 12:30-1:00, 1:00-1:30 and 1:30-2:00PM. There will be volunteers to direct you where to park, check you in, and bring your "To Go" Thanksgiving Dinner Bag. Meals can be delivered if you have a transportation hardship. Please call Bob Rafferty, Transportation Dispatcher **by Friday, November 12th** at noon at 978-399-2322 if you need transportation or meal delivery.

## **HAM & BEAN SUPPER**

**Saturday, November 20, at 5:30pm**

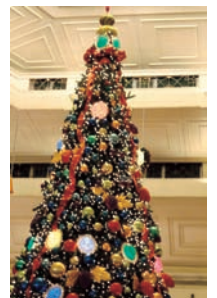
The Annual Ham and Bean Supper, sponsored by the Westford Firefighters Association, American Legion Post 159 and the Franco American Club, will be held **at the Franco American Club**. There is no charge for the dinner, but we encourage you to bring an item for the Community Food Pantry. Please pre-register at 978-692-5523.

## **HOLIDAY LUNCHEON AT THE WESTFORD REGENCY**

**Friday, December 17, at 12:00 noon**

We are happy to share the opportunity to stroll through the Festival of Trees while enjoying the music of our very own **Upbeats Band** playing many traditional holiday favorites, starting at 10:30am prior to lunch. You will see many beautifully and creatively decorated Christmas trees, wreaths and gingerbread houses. Once again, we will enjoy the performance of the talented **Westford Academy Honor's Chorus**. Holiday menu: Salad, Chicken Parmesan, starch and vegetable, Holiday dessert, tea and coffee. Cost: Friends members \$12, and Non - Friends members \$24.

**Limited Seating ~ Reservations are a must by December 7;** call 978-692-5523. Transportation will be provided. Please call 978-399-2322 to reserve your van seat. **Special thanks to the Friends of the Cameron Senior Center for subsidizing this event.**



## **JOIN US FOR A HOLIDAY BREAKFAST AT PAUL'S DINER**

**Monday, December 6, at 8:30AM**

**To Go meals must be scheduled for pick-up when you RSVP**

Paul's Diner will be the site for our Holiday Breakfast. You have the option to dine in Paul's or you may choose to take your breakfast TO GO. Paul's Special Holiday Cameron Menu will include the following selections (CHOOSE ONE): Marinated steak and eggs, Eggs Benedict, Holiday omelet of your choosing, two eggs with a choice of meat, a winter waffle or three pancakes or three pieces of French toast. Cost (includes tip) is \$5 for Friends members and \$8 for non-Friends members. RSVP to dine in and/or schedule a TO GO pick-up time by calling 978-692-5523. **A special thanks to the Council on Aging Board for sponsoring this event.**

## Directors Report ...

We often talk about diversity as a means to being more welcoming. But what is diversity? And why is it desirable?

Well, imagine that our Upbeats band was comprised of 13 keyboards. Although keyboards are great, that wouldn't be very interesting. So, keep the keyboard, and add a guitar, a bass, a trombone, a fiddle, a sax, drums...you get the idea. Suddenly, its beautiful music!

We already have a lot of diversity here – ages, genders, levels of fitness, different interests and different abilities. There are liberals and conservatives, people of different religions and people who aren't religious at all, card players and pickle ball players. Sometimes we talk about our differences and sometimes we don't. But it is our differences keep our programming varied and interesting.

We always strive to be better. So what can we do better?

We want to see people of all races and ethnicities at our center. We want to celebrate all of the richness of our community by creating events where everyone can feel welcome. We want to make sure that all of our participants feel comfortable to talk about their spouse/partner, regardless of gender. We want to make sure that everyone can enjoy our programming, even if they can't afford to contribute. We want to welcome volunteers by finding meaningful work for them to do. We want to be open to learning about different cultures and beliefs and lifestyles. By learning about what makes us different, we can create deeper connections. In the process, we might just make some new friends.

So keep an eye out for new programming, movies about different cultures, maybe even a multi-cultural meal! Please help us by inviting your neighbors, your friends, or even someone you don't know to join us at the Cameron. We want to be the place where seniors come to explore our programs and other offerings – and feel happy and comfortable doing so!

### How to Get Your Cameron News

- If you are age 70 or older the Cameron monthly newsletter will automatically be mailed to you free of charge. If you would like to know more, please contact Martha at 978-399-2324
- If you prefer receiving a newsletter via email, please go to the town website and click on "Notify Me" and type in your email to sign in. Under "Agenda Center" Click on Council on Aging
- If you would like to be mailed a monthly newsletter for an annual cost of \$12 please send a check made out to the Town of Westford and mail to: Cameron Senior Center- 20 Pleasant, Westford, MA., 01886 or stop in at the center.
- Find our Facebook Page at [facebook.com/CameronSeniorCenter/](https://www.facebook.com/CameronSeniorCenter/)

### COUNCIL ON AGING STAFF

Jennifer Claro, Director of Council on Aging  
Alison Christopher, LICSW / Social Worker  
Annette Cerullo, LSW /Outreach Coordinator  
Claire France, Records Supervisor  
Robert Rafferty, Transportation Dispatch  
Christopher Mitchell, Maintenance Supervisor  
John Wilson, Maintenance  
Edna MacNeil, Front Desk  
Katherine Russell, Senior Assistant  
Martha Brockway, Senior Assistant  
Karen Heitkamp, Night Supervisor

### COUNCIL ON AGING BOARD MEMBERS

Helena Crocker, Member Emeritus  
Nancy Cook, Chair  
Robert Tierney, Vice Chair  
Kathryn Wilson, Clerk  
Sandra Collins  
Patricia Holmes  
Roberta McGuire  
Terry Stader  
Barbara Upperman

### FRIENDS OF CAMERON BOARD MEMBERS

Pat Reppucci, President  
Donna Owens, Vice President  
Kevin McGuire, Treasurer  
Frances Kosenko, Asst. Treasurer  
Gail Austin  
Karen Bigelow  
Helena Crocker  
Joan Greenwood  
Barbara Tonucci  
Barbara Upperman

**OUR MISSION:** The Council on Aging promotes the physical, emotional, and economic well-being of aging adults and their engagement in all realms of community life.

20 Pleasant St., Westford, MA 978-692-5523

[www.westfordma.gov/coa](http://www.westfordma.gov/coa)

<https://www.facebook.com/CameronSeniorCenter/>



### BOARD MEETINGS

COA Board-November 17 and December 15  
Friends of Cameron—November 18 and December 16

## DINING AND GAMES

### Dining Options

#### RESTAURANT REVIEW

Enjoy dining out? Meet your peers monthly at a local restaurant. Our next outings are on **Wednesday, November 17, 11:30 at Princeton Station, 147 Princeton st, North Chelmsford, and Wednesday, December 29, at 11:30 at Mac N Choose, 175 Littleton Rd, Westford.** Please pre-register at 978-692-5523 so we can call the restaurant with a head count for adequate seating. When you arrive, you can check in under "Westford Senior Center". If you need a ride, please book the van with Bob as soon as possible at 978-399-2322.

#### BIRTHDAY CELEBRATIONS

**Wednesday, November 17 at 12pm**

A warm and tasty macaroni and cheese bar will be prepared by **Rivercourt Residences of Groton.**

**Wednesday, December 15 at 12:30 pm**

Our meal will be a hearty beef stew with rolls cooked by our friends at **The Elegant Chef.** Lunches will be followed by cake, ice cream, and singing! Silly hats optional. Cost is \$5 and birthday celebrants are free. Please sign up at 978-692-5523.

#### BINGO/HOT DOG/BURGER

**Thursdays, November 4 and 18, December 2 and 16 4:45-6:00pm**

Due to holidays in November and December, the hot dog/burger meals are on the 1<sup>st</sup> and 3<sup>rd</sup> weeks. A hot dog, chips, drink and dessert setup is \$4. A hamburger/cheeseburger set up is \$5.00 and it is \$6 for a hotdog and burger combo. An extra hotdog or burger is \$1. Simply pay at the front desk when you arrive. Bingo starts at 6:30. **Thanks to the Friends of Cameron for subsidizing this event.**

#### MEN'S BREAKFAST

**Monday, November 8, 8am \$3**

Join our favorite breakfast chefs—**Marcel Lacombe, Bob Benoit, John Lasna, and Dave Anderson** who prepare a hearty breakfast with great sides. **November Program:** Is it Worth it to Downsize? Many people become overwhelmed at the prospect of moving when they think of getting rid of their stuff, finding a new home, and other issues that moving entails. **Kathy Cunningham from Coldwell Banker Realty** will be here to pose the questions to help with that decision. She will also provide tips and tricks for getting rid of that stuff, and new programs to help sellers to take advantage of current market conditions. Please sign up at 978-692-5523. If you have any suggestions for upcoming speakers, please speak with Ken Hyle.

#### COOKIES AND COCOA BY THE FIREPLACE

**Thursday, December 23<sup>rd</sup> at 10am**

Join Katie in the library by the fireplace and enjoy some hot cocoa and cookie decorating. Call to sign up at 978-692-5523.

#### JOIN US FOR WOMEN'S LUNCH

**Wednesday, November 10<sup>th</sup> at 12:00 p.m.**

**Speaker: Cameron volunteer Shirley Smith**

Shirley shares her knowledge and insight on how to best take care of our skin by selecting skin care products that are organic and non-toxic. Shirley has experience in the skin-care industry and will share her knowledge of healthy beauty products and money saving options. Lunch menu: Chicken Salad sandwich prepared by Jackie Russell. Cost is \$5. RSVP at 978-692-5523.

#### DINNER WITH DONNA & DANCING WITH DJ DAVE

**Tuesday November 30 at 5:30pm**

Our Italian night was a hit, so help us welcome winter with beef stew, cornbread, and dessert followed by music and dancing with Officer Dave. **Thank you to The Westford Food Pantry and the Friends of Cameron for kindly subsidizing the cost of this meal,** so the cost is only \$3. Be sure to call and sign up quickly as slots fill fast. 978-692-5523.

#### FESTIVAL OF LIGHTS—NEW OFFERING

**Friday, December 3 11:00am**

Come join us as we celebrate Hanukkah! Jewish educator (and Martha's wife) Cindy Kalish will talk about the origin of Hanukkah and the Menorah, and we will share Hanukkah food – bagels and cream cheese, latkes (potato pancakes) served with applesauce and/or sour cream, kugel (sweet noodle pudding) and maybe even a surprise treat! Sign up at 978-692-5523.



### Games

#### WEEKLY BINGO

**Mondays 1pm, Thursdays at 6:30pm**

**NO BINGO NOVEMBER 11, NOVEMBER 25, DECEMBER 23, DECEMBER 27 AND DECEMBER 30**

Join us inside at the Cameron for some BINGO Fun! \$1 to buy a colored dobber. \$3 per paper BINGO sheet that has 3 BINGO boards. Sign up at 978-692-5523.



#### DROP-IN SCRABBLE?

Are you interested in drop-in Scrabble? Please call Katie at 978-399-2330. If there is enough interest, we'll schedule a weekly game time!

#### CARDS AT THE CAMERON

**BRIDGE Thursdays at 3pm**

**CRIBBAGE Wednesdays at 12:30**

**HAND AND FOOT (Canasta) Thursdays at 12:30pm**



## Health and Wellness Offerings

### Fitness Classes

THE CENTER IS CLOSED NOVEMBER 11, 25, 26,  
December 24, 31 —NO CLASSES

A special thanks to the Friends of the Cameron for  
helping to subsidize these classes

#### TAI CHI

Mondays at 1pm

Eight Weeks starting Monday, November 1

No Class November 29

Join Lesley Mathews for a Tai Chi class at the Cameron. Cost for Westford residents is \$24 for the session; others pay \$5 per class. Sign up at 978-692-5523.



#### BONE BUILDERS

Mondays and Wednesdays 9:30-10:30am,

Tuesdays and Thursdays 1-2pm

To register please call the Cameron at 978-692-5523. Class space is limited, and an application must be completed (with doctor's approval) to join the class. If you have any questions, please call Maureen Thibodeau at 978-692-7634. **We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center.**



#### MINDFUL MOVEMENT FOR IMPROVED BALANCE

Tuesdays at 9am

Eight weeks starting November 2

Instructor: Dave Crocker from Cultivating Qi, Westford

Regular movement of all parts of the mind and body are needed to maintain and improve our health & well-being. Mindful movement is a mind-body activity done with in-the-moment awareness of what you are doing, and its benefits include reduced stress, greater relaxation and improved quality of life. Learn meditative movements that enhance your body's ability to heal itself. Class size is limited, so register early at 978-692-5523. Cost for Westford Residents is \$24 per session; others pay \$5 per class.



#### YOGA/PILATES FOR ACTIVE SENIORS

Tuesdays at 10:15am

8 weeks starting November 30 through January 25

No class December 28

Bring your mat and join Jo Crawford for a Yoga/Pilates class at the Cameron. Cost for Westford residents is \$3 per class; others pay \$5 per class. Sign up at 978-692-5523



#### CHAIR MOVEMENT WITH CAROL WING

Tuesdays and Thursdays at 10:10am

Tuesdays November 2 through December 21

Thursdays November 4 through January 6

To register call 978-692-5523 Cost for Westford residents is \$24 for each session; others pay \$5 per class. Sign up at 978-692-5523.



#### ZUMBA

Tuesdays and Thursdays at 9:15am

Eight Weeks

Tuesdays November 2 through December 21

Thursdays November 4 through January 6

Join Carol Wing for a Zumba Class at the Cameron. Cost for Westford residents is \$24 for each session; others pay \$5 per class. Sign up at 978-692-5523.



#### WELL-BEING GROUP CONDITIONING

Tuesdays & Thursdays at 10am

Eight weeks starting November 2

Held at the Well-Being Fitness Gym at Cornerstone Plaza. A full body conditioning class focusing on core stability, pliability, strength training, plyometrics, and cardiovascular fitness. Get a full-body workout around a cardio format while increasing strength and stamina. Class size is limited. Please call to sign up at 978-692-5523. Class fee: Westford Residents- \$50, others-\$65



#### GENTLE YOGA

Thursdays at 9am

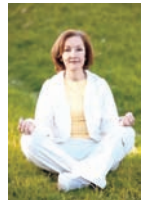
8 weeks December 2 through January 27

No class December 30

No classes in November

Join Jo Crawford for a Yoga class at the Cameron.

Cost for Westford residents is \$24 per session; others pay \$5 per class. Sign up at 978-692-5523



#### THRIVE 7

Instructor: Susanne Duato, Thrive Health and Wellness

Starts Tuesday, January 11, 4:30-6:00pm

Ring in the New Year with this program brought back by popular demand! This is a seven-week nutrition and lifestyle management program for seniors looking to lose unwanted weight or better manage common chronic conditions such as hypertension, high triglycerides, and control blood sugar. Are you ready to experience profound changes over this 7 week program, such as increased energy and vitality, automatic weight loss, improved sleep, and a feeling of well-being? Sound too good to be true? It's not! This fun and interactive class will give you a chance to learn, grow and connect with other like-minded people who are ready to invest in their health and wellbeing with you. Taught by certified integrated health coach and nutritionist Susanne Duato from Thrive Health & Wellness Inc. The course value is \$250. but thanks to a generous donor your cost is \$90. (just over \$12/class)! Residents are asked to register by calling [978-692-5523](tel:978-692-5523). This is a popular class and fills up quickly, so make sure to register early! Class will be limited to the first 15 sign ups. \*If you are interested in this class but are hesitating due to finances please see Annette or Alison in the Social Services Department for scholarship assistance.

## Health Screenings and Information

### WESTFORD HEALTH DEPARTMENT OFFERS BLOOD PRESSURE & MORE

**Tuesdays November 9 and December 14 at 9 AM**

**Meet with Gail Johnson, the Town's Public Health Nurse**

Health screenings including blood pressure reading, medication review, weight check, and an opportunity to discuss other concerns.

### HEARING SCREENING

**Mondays, November 8 and December 13 at 9:30 a.m.**

**Dr. Megan Ford from HearSmart Audiology** of Littleton, will provide hearing assessments. Sponsored by the Westford Health Department. To book your appointment call the Health Department at 978-692-5509.

### NEED ASSISTANCE WITH MEDICARE?

**Mondays, November 1, 8, 22, 29 and December 13 BY APPOINTMENT**

**SHINE (Serving Health Insurance Needs of Everyone) CAN HELP!** Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. You may benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs.

### **Medicare Open Enrollment is coming!**

Medicare health and drug plans can make changes each year, such as cost, coverage, and what providers and pharmacies are in their networks. October 15th to December 7th is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. The SHINE Program can help you determine the best plan for you through individual meetings with a trained SHINE Counselor, **Fred Baumert**. To schedule an appointment, contact the Cameron Senior Center Front Desk at 978-692-5523. This is a busy time of year, so please schedule early. You will be asked to complete a Medication Form prior to your appt. and have your Medicare Card available. At this writing, appointments will be in person. We will accommodate remote/telephone appointments if requested.

### INTRODUCTION TO MEDICARE

The SHINE program is also offering multiple Informational Sessions via Zoom. Call 1-800-243-4636 to sign up for a slot.

### FALLON HEALTH MEDICARE PRESENTATION

**Wednesday, November 3 at 12pm**

Circle your calendar for the 2022 Fallon Health Plan Review. Our Fallon representative, Bill Bjerke, will be here to discuss "What's new for '22". Please sign up at 978-692-5523.

### HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE

**Thursday, December 2 10:00**

This presentation is geared towards existing Medicare enrollees. There is less emphasis on understanding the basics of Medicare and more focus on the differences between Medigap and Medicare Advantage plans, as well as understanding when you can switch plans. We also explain how Medicare Part D plans work and what to look for when choosing a plan. We provide updates to Federal Medicare Benefits when they become available for the upcoming year. Presented by BC/BS representative Heather Hurd. Please call 692-5523 to register.

### ADULTS WITH FOOT PROBLEMS AND DIABETES!

**Wednesday, December 8 at 1:30pm**

Is Medicare your Primary Insurance? If so, you are eligible to receive a pair of Diabetic shoes and inserts FREE to you. Other Insurance plans may cover this as well! The Cameron Senior Center is hosting [www.drcomfort.com](http://www.drcomfort.com) [www.Anodyneshoes.com](http://www.Anodyneshoes.com). Please bring your Medicare card and any other supplemental insurance cards as well and a completed doctor's order for diabetic shoes and required paperwork (pick up from Katie) Call Katie to make your 10-minute fitting appointment 978-692-5523. Mass Health/Medicaid does not cover this service.

## Social Fitness Activities

### ADVENTUROUS? HOW ABOUT A GOAT HIKE?

**Friday, November 19 at 1pm**

Visit Good Pickin' Farm on Gould Road in Westford for an informative nature hike led by an ecologist, focusing on seasonal flora and fauna of the area. Have fun and enjoy goat antics while they walk and run along with you! Cost is \$8.00 Call 978-692-5523 to sign up as spaces are limited.

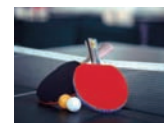
**Refreshments provided by the Friends of the Cameron.**



### PING PONG

**Mondays at 2pm, Tuesdays at 3:30pm, and Fridays at 9:30am**

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a vibrant group of people who really enjoy the game of ping pong and one another. If you would like to participate just RSVP by calling 978-692-5523 so we know how many tables to set up.



### PICKLEBALL

This equipment is available to use during all hours of operations of the Cameron. Just see the front desk to request the equipment. The best place to get current information for pickle ball around Westford is by checking out the pickle ball website.

<https://sites.google.com/view/westfordpickleball/home>



Alison Christopher, LICSW, COA Social Worker (left) and Annette Cerullo, LSW, COA Outreach (right)

## SOCIAL SERVICES AND OUTREACH NEWS

### Outreach

With the cold weather upon us, we want to be sure our Westford seniors have the essentials like heat and electricity. Please contact us in the Social Work/Outreach department if you or someone you know may be living in difficult conditions. Also, keep in mind that our center is backed up by a generator, so if you lose power you may be able to come here to get warm, eat, take a shower and use the internet. We are available to help you so please don't hesitate to call Annette at 978-399-2326.

### SEEKING HANDYPERSON VOLUNTEERS

Our senior residents on fixed incomes occasionally look to us for help with small/odd jobs. Requests that come in are varied but include: installing window air conditioners, changing faucets, repairing computers, rewiring lamps, moving furniture, trimming hedges and more. You select which jobs you are comfortable helping with. If you are looking for meaningful ways to help our senior residents, please consider this role. To discuss this further, please call Annette at 978-399-2326.

### AVOID SCAMS

We have been informed of multiple scams trying to get your personal identification and money. Scammers will pose as a family member in trouble, an employee from your bank, Social Security and/or the IRS. Please don't fall prey to these calls and emails. NEVER give out your personal information unless you are certain who you are speaking to. Any requests for gift cards or wiring money are major **RED FLAGS**. Don't answer questions - hang up, call your family and/or the police, and verify whether it's a scam or not. Better to be safe than sorry. Protect yourself.

### COMMON TYPES OF ELDER FINANCIAL EXPLOITATION

**Wednesday, November 17, at 10am**

Money Smart for Older Adults is designed to provide you with information and tips to help prevent common frauds, scams, and other types of elder financial exploitation in our community. Presented by **Westford Police Department Family Services Detective Nirisa Nicoletti**. Please sign up at 978-692-5523.

### MOBILE LIBRARY

Do you miss visiting the library? Do you lack transportation? Let Fletcher Library come to you! I can bring you books, movies, magazines and more. Please call Judy Madsen, Homebound Coordinator, at 978-399-2301.

### FRIENDLY CALLS

This pandemic has created social challenges for many, leading some to isolation and loneliness. If you would like to hear a friendly voice, I can set you up with a volunteer for regular calls. This is a win/win program where volunteers get to help and folks home alone benefit from contact. Please let me know if you are interested in this program. Annette at 978-399-2326.

### FREE INCONTINENCE PRODUCTS

We currently have a surplus of personal hygiene products (depends, pads) that can be yours by calling Annette at 978-399-2326.

### WALK FOR HUNGER

**Thursday, November 11, 9am**

St. Catherine's church is sponsoring a local walk that will support local food banks, including the pantry here at Cameron. To show our appreciation we are seeking folks who would be interested in passing out water bottles and cheering on the walkers as they pass by the Cameron from 9am to 10am. If this opportunity to show gratitude moves you, please call Annette at 978-399-2326. Much thanks.

### HOLIDAY BASKETS

The Cameron Senior Center is partnering with SVdP Society of St. Catherine's Church and the Westford Food Pantry for the Westford Holiday Basket Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal, and are facing a financial hardship. If you are interested in donating to the program, please contact Katie Russell at 978-399-2330.

### NEW ENGLAND SHIRDI SAI PARIVAAR TEMPLE PROVIDES LUNCH

The Cameron was thrilled to be a recipient of over 50 lunches of Veg Dum Biryani (a pasta with fresh vegetables) for our October Woman's luncheon. This lunch provided a new opportunity to enjoy a ethnic meal option we had not previously offered at the center. We want to thank all of the volunteers at Shirdi Sai Parivar Temple in Groton for bringing this gift of fellowship and nourishment to our center.



We at The Cameron Senior Center extend our very best wishes for a happy and healthy holiday season. No matter what holidays you observe, we hope you spend them with people you love!



## Housing and Independent Living Resources

### FUEL ASSISTANCE

DON'T FORGET....Now is the time to think about your winter heating costs. If your household annual gross income is below \$40,951 (1 person) or \$53,521 (2 people) and you are interested in learning about **LIHEAP**-fuel assistance, call Alison at 978-399-2325 or Annette at 978-399-2326. We have applications and can assist you.

### GROCERY DELIVERY

**SNAP recipients** can now shop online at Hannaford, Stop & Shop, Price Chopper and Aldi via **Instacart**. This is a great way to avoid a shopping trip if you are concerned about COVID or you just find it difficult to get out.

### CRITICAL HOME REPAIR PROGRAM

Habitat for Humanity of Greater Lowell offers this program to qualified seniors and veterans to help alleviate health, safety and code violations. To be eligible, clients must meet income guidelines and pay 25% of the overall estimated value of the repair work. Examples of work that may be done are building ramps, repairing steps, damaged roofs, etc. Cosmetic repairs do not qualify. For more information you can call Kim Raymond at 978-692-0927.

### PROPERTY TAX EXEMPTIONS – Are you eligible?

The town of Westford has several property tax exemptions for residents: those with limited income, blind, disabled, veterans and more. You may be eligible for a tax break and if you are interested in learning more about your options you can call the Assessor's office at 978-692-5504 or call Annette to review them at 978-399-2326

### SAND BUCKETS

If you need a free bucket of sand to be delivered to your home for the coming winter months, please call 978-692-5523 to get on a list. Much thanks to the Westford Police Department for providing this service.

### SNOW REMOVAL

As the colder weather approaches, we all begin to think about preparing for the winter. Many folks ask if we know of people who can help with snow removal. Unfortunately, this is one of the hardest needs to find volunteer services for. There are several companies in the area that provide snowplow services and we create a list every year with their contact information; however, we do not endorse any one over another. A list can be emailed to you or picked up at the center. Other options are to check with your church, the local classifieds, and your neighbors. If you would like to discuss this further, please call Annette at 978-399-2326.

### BE PREPARED FOR ANYTHING!

**Tuesday, November 10, 10-11am**

The **Westford Health Department** is teaming up with the local **Medical Reserve Corps** unit to offer this special Emergency Preparedness event, on the eve of Veteran's Day. The first 15 attendees will be awarded a 72-hour 'go-kit' to equip themselves or a loved one with essentials in case of a disaster. With the approach of Thanksgiving and the December holidays, you'll leave this session knowing what to do if your schedule is suddenly disrupted with weather emergencies, power failures, or other unexpected events. Light refreshments will be served. **Pre-registration is encouraged for this free event: 978-692-5523.**

A few basic items in a 'starter kit' and the inclusion of some personal materials can make all the difference in being prepared for the unexpected.



## Healthy Food Options

### Westford Food Pantry

The Westford Community Food Pantry, located on the first floor of the Cameron, is staffed by volunteers.

#### FOOD PANTRY HOURS:

- **Wednesday Evenings from 6 to 8 pm**  
November 3, 10, 17  
December 1, 8, 15
- **Friday Mornings from 9 to 11 am**  
November 5, 12, 19  
December 3, 10, 17

**For more information, or to donate, check their website at** [www.westfordfoodpantry.org](http://www.westfordfoodpantry.org)

If you are interested in helping 2-3 hours per month, please contact Lynn Roderick, Volunteer Coordinator for further information [lynnmroderick@aol.com](mailto:lynnmroderick@aol.com)

### WHOLE FOODS DISTRIBUTION

**Mondays and Thursdays at 1:30pm**

Open to all residents 55+. Sign in at the front desk each day that you want to participate.



Bill Vullo, one of our dedicated volunteers, prepares to cook onions and peppers for his special Italian Sausage subs. His cooking was a big hit for the September birthday celebration. Thanks Bill!

## Transportation

### WELCOME BOB RAFFERTY!

Let us introduce our new Transportation Dispatcher, Robert (Bob) Rafferty. Bob has been with the Cameron Senior Center for four years as the social media manager and evening supervisor. He is also a part of the Communication Advisory Committee for the Town of Westford. He has been married to his lovely wife Becky for 10 years and has two wonderful children. In his spare time he loves to play music and go fishing. Bob hopes to modernize the transportation system and make it more efficient. Let's all welcome Bob and wish him luck in his new position.



### **From the Dispatcher's Desk**

As a new service to the Town, the Transportation Department of the Cameron Senior Center offered online requests for transportation to and from the Special Town Meeting on October 16<sup>th</sup>. This was our first time offering online ride requests. We will continue to offer this service for future Town Meetings at the following address:

<https://www.westfordma.gov/1433/Town-Meeting-Transportation>

Rides to and from the Town Meetings may also be requested by calling the Transportation Department at 978-399-2322. This service is available to all residents of the Town regardless of age or circumstances.

Regular operations of our Transportation Department provide 100's of rides per month to Seniors (55+) and disabled persons, throughout Westford, Chelmsford, Lowell, Ayer, Acton, Carlisle, Groton, and Littleton. Our vans are available for not only events scheduled through the Cameron Center, but also medical appointments, errands, and employment transportation. If you have any transportation needs please do not hesitate to contact us at 978-399-2322. Our last return trips are at 3:30 PM each day to allow drivers to make it back to the Center before closing time.



## Community Resources

### VET 2 VET

**With retired veteran's agent and resident Terry Stader  
Tuesdays, November 9 and December 14 at 11am**

Are you a veteran who has questions and would like to talk to another veteran? Sign up with for a one on one appointment at 978-692-5523.

### VETERANS SERVICES

Westford Veterans Agent, Ryan Cobleigh is available to assist with benefits and/or other needed services or information. To speak with Ryan, please call 978-392-1170 or visit <http://westfordma.gov/veterans>

### ALZHEIMER'S & RELATED DEMENTIAS

#### CAREGIVER SUPPORT GROUP

**Wednesdays November 3 and December 1 at 6:30 pm**

Meets the 1st Wednesday of the month beginning at 6:30. The meeting has been happening via Zoom during the pandemic. Please call Sandy Klaprodt, the group leader at 978-758-6072 for more information or to pre-register.

### ASK THE REALTOR

**With Kathy Cunningham of Coldwell Banker, Westford  
Monday December 13 at 10am**

Call 978-692-5523 to schedule an appointment to speak with local realtor Kathy Cunningham about your personal real estate questions.

### ASK THE OFFICER

**Thursday December 9 at 11am**

**Westford Police Department Family Services Detective Nirisa Nicoletti** will be available for consultation at the Cameron. Walk-in or call 978-692-5523 for an appointment.

### FREE PIANO LESSONS

**Thursday evenings**

Meaghan Lu, a Westford Academy Student who is passionate about music, is volunteering her time on Thursday nights to provide piano lessons. Call 978-692-5523 to set up a lesson time.

### MYTHS AND MISUNDERSTANDINGS ABOUT REAL ESTATE TRANSACTIONS

**November 16, 6pm**

Kathy Cunningham from Coldwell Banker will be here to clear up false fears and beliefs that keep people from moving forward. She will share the steps and processes that have resulted in successful moves for others, including a program offered by Coldwell Banker to help you spruce up your property for sale. Please sign up by Friday, November 12.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><b>9:00 Friends Sale</b> 9:30 Bone Builders 10:00 Sewing <b>12:30 SHINE</b> 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong</p>	<p>2</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong</p>	<p>3</p> <p>9:30 Bone Builders <b>12:00 Fallon Health</b> 12:30 Cribbage 6:00 Food Pantry 6:30 Caregivers Sprt</p>	<p>4</p> <p>9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 3:00 Bridge <b>4:45 Hot Dog Night</b> 6:30 BINGO</p>	<p>5</p> <p>9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 2:00 Technical Training</p>
<p>8</p> <p><b>8:00 Men's Breakfast</b> 9:30 Bone Builders <b>9:30 Hearing Screening</b> 10:00 Sewing <b>12:30 SHINE</b> 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong</p>	<p>9</p> <p>9:00 Quilting 9:00 Mindful Movement <b>9:00 Blood Pressure</b> 9:15 ZUMBA 10:10 Chair Movement <b>11:00 Vet to Vet</b> 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong</p>	<p>10</p> <p>9:30 Bone Builders <b>10:00 Be Prepared!</b> <b>12:00 Women's Lunch</b> 12:30 Cribbage 6:00 Food Pantry</p>	<p>11</p> <p><b>Veteran's Day</b> </p>	<p>12</p> <p>8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong <b>10:00 Craft Class</b> 2:00 Technical Training</p>
<p>15</p> <p>9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong</p>	<p>16</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio <b>2:00 Book Club</b> 3:30 Ping Pong <b>6:00 Real Estate Myths</b></p>	<p>17</p> <p>9:30 Bone Builders <b>10:00 Elder Exploitation</b> <b>12:00 Birthday Lunch</b> <b>11:30 Restaurant Rev</b> 12:30 Cribbage 6:00 Food Pantry</p>	<p>18</p> <p>9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 3:00 Bridge <b>4:00 Movie Night</b> <b>4:45 Hot Dog Night</b> 6:30 BINGO</p>	<p>19</p> <p>8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong <b>1:00 Goat Hike</b> 2:00 Technical Training</p>
<p>22</p> <p>9:30 Bone Builders 10:00 Sewing <b>12:30 SHINE</b> 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong</p>	<p>23</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong</p>	<p>24</p> <p>9:30 Bone Builders 12:30 Cribbage</p>	<p>25</p> <p><b>Thanksgiving Day</b> <b>Center Closed</b> </p>	<p>26</p> <p><b>Center Closed</b></p>
<p>29</p> <p>9:30 Bone Builders 10:00 Sewing <b>12:30 SHINE</b> 1:00 BINGO 1:30 Whole Foods 2:00 Ping Pong</p>	<p>30</p> <p>9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong <b>6:00 Dinner with Donna</b></p>			<p><b>November 2021</b></p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>December 2021</b>		1 9:30 Bone Builders 12:30 Cribbage 6:00 Food Pantry 6:30 Caregivers Support	2 9:00 Gentle Yoga 9:15 ZUMBA <b>10:00 BC/BS Medigap</b> 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 3:00 Bridge <b>4:45 Hot Dog Dinner</b> 6:30 BINGO	3 8:30 Billiards 9:00 Food Pantry <b>9:00 Friends Bazaar</b> 9:30 Ping Pong <b>11:00 Festival of Lights</b> 2:00 Technical Training
	6 <b>8:30 Holiday Breakfast</b> 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	7 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong	8 9:30 Bone Builders <b>10:00 Craft Class</b> 12:30 Cribbage <b>1:30 Diabetic Ft Care</b> 6:00 Food Pantry	9 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 11:00 Ask the Officer 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 3:00 Bridge 6:30 BINGO
13 9:30 Bone Builders <b>9:30 Hearing Screening</b> 10:00 Ask the Realtor 10:00 Sewing <b>12:30 SHINE</b> 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	14 9:00 Quilting 9:00 Mindful Movement <b>9:00 Blood Pressure</b> 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates <b>11:00 Vet to Vet</b> 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong	15 9:30 Bone Builders <b>12:00 Birthday Lunch</b> 12:30 Cribbage 6:00 Food Pantry	16 9:00 Gentle Yoga <b>9:00 Friends Gift Wrap</b> 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 3:00 Bridge <b>4:00 Movie Night</b> <b>4:45 Hot Dog Dinner</b> 6:30 BINGO	17 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong <b>10:30 Festival of Trees And 12:00 Holiday Luncheon At Westford Regency</b> 2:00 Technical Training
20 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	21 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 1:00 Bone Builders <b>2:00 Book Club</b> 1:00 Open Art Studio 3:30 Ping Pong	22 9:30 Bone Builders <b>10:00 Cocoa &amp; Cookies</b> 12:30 Cribbage	23 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:30 Whole Foods 3:00 Bridge	24 <b>Christmas Eve Center Closed</b> 
27 9:30 Bone Builders 10:00 Sewing 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	28 9:00 Quilting 9:15 ZUMBA 10:10 Chair Movement 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong	29 9:30 Bone Builders <b>11:30 Restaurant Rev</b> 12:30 Cribbage	30 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 3:00 Bridge	31 <b>New Year's Eve Center Closed</b> 

## Friends Corner

The Friends are planning on offering "Lifelong Learning" opportunities at the Cameron. We would like to get your input as to what type of classes, seminars or trips would interest you. A survey will be going out shortly. Please take a moment to fill out the survey so that we can explore possibilities for a continued "Lifelong Learning" experience.

The holidays are fast approaching. Mark your calendars:

November 1<sup>st</sup> an in-house yard sale will take place in the Cameron lobby.

Now through November 30<sup>th</sup> Our annual Gift Card sale is taking place. Details below

December 3<sup>rd</sup>, 9 am – 4 pm Holiday Bazaar and mini-Silent Auction.

December 8<sup>th</sup>, the Cameron Holiday Tree will be on display at the Regency. The theme this year is "Let it Snow".

December 16<sup>th</sup> save time on holiday wrapping and bring your gifts to the Cameron where they will be wrapped for you.

Pat Reppucci

Friends' website: [westfordmafriendingofcameron.com](http://westfordmafriendingofcameron.com)

### Gift Cards

The Holidays are fast approaching and maybe you're not quite ready to run around shopping. The Friends are here to help with the sale of gift cards again. Many different stores including Amazon, Target, Walmart and Kohls are on the list. Order forms and more information are available at the Cameron and on the Friends Website: [westfordmafriendingofcameron.com](http://westfordmafriendingofcameron.com) If you have any questions call: Dana or Donna Owens at 978-692-4484 or email [dowens342@gmail.com](mailto:dowens342@gmail.com)



## Arts and Crafts

### OPEN ART STUDIO

Tuesdays 1pm – 3pm

Do you have projects that you are working on but also would enjoy some company while you paint? If so, Open Art Studio may just be the place for you. Drop ins are always welcome.

### BASIC WATERCOLOR PAINTING WITH PAULA MINGOLELLI

6 weeks from November 4 through December 30

Thursdays from 1PM-3PM

Please note: No classes will be held on November 11, November 25, and December 23

This teacher demonstration class will give students the opportunity to work along with the instructor from start to finish on all paintings. Students will work on developing their drawing skills, composition, layering, glazing and more. Paula will provide one on one guidance during each session. This class does require a basic knowledge of working in watercolor. Class size is limited. Cost: \$90 Please request watercolor supply list once you pay for the class.

**A special thanks to the Friends of the Cameron for helping to subsidize this class.**

### SEWING & QUILTING CLUBS

Mondays 10am – 1pm and Tuesdays 9am – 11am

Please come in and enjoy a working on your quilting and sewing projects with many other friendly and like-minded crafters. It's fun to see the different projects that people are working on as well as sharing project tips and enjoying some creative fellowship.



The Friends Halloween sale table. Thanks to Frances Kosenko and Barbara Tonucci for the great display!

### VOLUNTEERS WANTED AND NEEDED

If you are interested in volunteering, please contact Katie Russell at 978-399-2330 or via email at [krussell@westfordma.gov](mailto:krussell@westfordma.gov). Or stop by the desk and pick up a package!



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## SOCIAL AND ENRICHMENT ACTIVITIES

### MOVIE NIGHT

**November 18 and December 16 at 4pm sharp (new time)**

Join us November 18 for the drama/western film, "Nomadland" which won multiple Academy Awards and December 16 for the uplifting film "The 12 Mighty Orphans" based on the true story, The Mighty Mites Who Ruled Texas Football. \$4 for a movie, popcorn, refreshments and light meal. Please call to sign up at least 3 days prior at 978-692-5523. **Thank you to the Friends of the Cameron for subsidizing costs.**

### BOOK CLUB

**Tuesdays November 16 and December 21 at 2pm**

Join us for great discussions the third Tuesday of each month. Our November read is a historical fiction, The Chaperone, by Laura Moriarty, and for December we will have a holiday party and watch the film! You can get a book from us at the senior center or try online i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978-399-2326

### UPBEATS BAND

**Thursdays 10am**

Are you experienced at playing an instrument? Join The Upbeats - play music and have fun! New band members always welcome.

### TECHNICAL TRAINING

**Fridays 2-4pm**

Could you use some help with your cell phone, laptop or tablet? We are fortunate to have Ankit Panda, a Westford Academy student who will be at the center on Friday afternoons to assist you. Simply call the front desk at 978-692-5523 to book a time slot. Elder Services has started a new project to provide digital access and reduce social isolation. Any person age 60+ who wants digital training can get a free tablet, data package if needed, and training. If interested, call Alison or Annette and we can refer you.

### CRAFT CLASS WITH KAREN BIGELOW! GNOMES

**Friday, November 12, 10am to noon**

These little guys are like potato chips, you just can't stop with one. All you need is a pair of scissors to join in on the fun. Fee \$3.00

**A special thanks to the Friends of the Cameron for helping to subsidize this class.**



### CRAFT CLASS!

#### STARBURST QUILTED ORNAMENT

**Wednesday December 8, 10 am to noon**

**Bring a friend!** If you enjoyed the November craft class, Karen Bigelow is back with us again for December crafting. Make a quick quilted ornament to adorn a tree or give as a gift. Despite the name "quilted," this is a no-sew project. Fee \$3.00

**A special thanks to the Friends of the Cameron for helping to subsidize this class.**



We will be replacing the floor in the multi-purpose room the week of December 27. No programs are scheduled for that room during the work. Thanks for understanding!



Mike Dyer and Dennis Smith cooked for our End of Summer party. Jumpin' Juba provided the music, and we had a great time, despite the cloudy weather. This event was made possible by a grant from the Westford Cultural Council in partnership with the Massachusetts Cultural Council.



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## Income Tax Help

Hal Schreiber, our volunteer tax expert, will be back this year to complete 2021 federal and state income tax returns. Dick Severyn will also be back to assist Hal. This is a free service sponsored by your Senior Center and there are no age or income limits. This year, your Senior Center tax aide site will be sponsored by your Council on Aging instead of AARP. Please call the Senior Center at 978-692-5523 to add your name and telephone number to the list for having your tax return prepared. 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 or instructions with you.

Information Needed for Preparing Your Tax Return:  
Your 2020 federal and state tax return if it was not prepared at the Westford Senior Center.

Form MA 1099-HC and IRS Form 1095-B. The health insurance information from these forms must be entered on your Massachusetts tax return. Note – Massachusetts did not eliminate the health care tax penalty.

Form 1095-A (you receive this form if you received the advanced health insurance premium tax credit). The IRS will demand the entire credit be returned if the information from this form is not entered on your federal tax return.

W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc

The amount and date of any federal and state estimated tax payments you made for 2021.

If you pay rent for your main residence, bring the total amount you paid in calendar year 2021 (some or all is deductible on your Massachusetts tax return).

For real property not located in Westford – total the property tax bills that you paid in calendar year 2021 (do not include any late payment fees, demand notice fees, or interest charges).

If your main residence is not located in Westford and if you or your spouse is age 65 or older – total the water/sewer bills that you paid in calendar year 2021 (do not include any fees or interest due to late payment).

Car, boat, personal property excise tax bills – total the bills that you paid in calendar year 2021 (do not include any fees or interest due to late payment).

If you sold any stock or bonds - the date you bought the stock or bond and the amount you paid for them (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

If you have any mutual funds - any information provided by the mutual fund concerning how much of the dividends are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares - the date and what you paid for the shares (that information may have been provided as supplemental or additional information that comes with the Form 1099-B that you received).

Medical and Dental expenses – total your co-pays and deductibles for all your drugs (prescription and over-the counter), doctor, dentist, hospital visits, etc. Include hearing aides, eyeglasses, etc. Add up the car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately since they need to be reported separately (do not add them together).

Charitable contributions. - total your cash/check/credit card contributions (do not include any political or election campaign contributions). For property contributions – in general terms (clothing, household goods, furniture, etc), what was contributed; the date of the contribution; estimated fair market value of the property; and the name and address of the charity receiving the property. If you donated a car, it is very important that you bring the paperwork/form you received from the charity. Note – cash/check/credit card charitable contribution, up to \$300, can be deducted if you do not itemize your deductions.

## SPECIAL THANKS



A \$575 donation was made in memory of **Melva-Jean Shepherd** by the **Tuesday Women's Bible Study** of the United Methodist Church to help a senior in financial need.

**Alpana Bukski** and **Anushka Patel**, Westford Academy students, donated over 200 handmade masks through their volunteer work with Boston Area Mask Initiative.

Special Thanks to **Nashoba Heating and Cooling** and **PRIME Electric, especially Gary Belinsky, Master Electrician**. They provided emergency services for a resident who couldn't otherwise afford the repairs. We greatly appreciate their commitment to the community.

Many thanks to all our Fall Cleanup volunteers who helped Westford seniors. Local scout groups, church groups, businesses and students all gave of their time to neaten folks' yards. A very large thank you to the **Concord Gaining Grounds** produce program that gave us 6 months of free organic vegetables for low-income residents. This program would not have been possible without the support of the Westford Housing Authority and the dedicated weekly help of the BEST volunteers: **Ed DeMarino, Mike Dyer, Dennis and Shirley Smith, and Bill and Mary Bowser**. Much appreciation goes out to **Ken Clough** for his 4<sup>th</sup> trivia event that was enjoyed by all. He keeps it new and fun every time.



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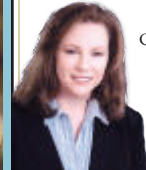
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**Change Service Requested**

**BRAIN GAMES**

**Answer to Sudoku**

7	5	4	3	8	9	1	2	6
1	6	8	7	4	2	5	9	3
2	9	3	5	6	1	4	8	7
5	4	1	6	3	8	2	7	9
6	2	9	1	7	4	8	3	5
8	3	7	9	2	5	6	1	4
3	1	5	8	9	6	7	4	2
9	8	2	4	5	7	3	6	1
4	7	6	2	1	3	9	5	8

**Sudoku**  
Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

6				3	1	4		
	3							8
7	2		4					
2		7						
	1	5						7
					2			1
			2	8		3		7
								4
1	6	3						2

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**CROSSWORD PUZZLE**

**ACROSS**

- 1 "Lorna Doone" character
- 5 Sinbad's bird
- 8 Demolish: Brit.
- 12 Idea (Fr.)
- 13 Alas
- 14 Cheese
- 15 Leg ends
- 16 Burmese knife
- 17 Taro
- 18 Small S.A. rabbit
- 20 Pilgrim
- 22 Skin vesicle
- 23 Veneration
- 24 Beginning
- 28 Blaubok
- 32 Public vehicle
- 33 54 (Rom. numeral)
- 35 Israelite tribe
- 36 Ringed boa
- 39 Reading desk
- 42 Abdominal (abbr.)
- 44 Have (Scott.)
- 45 Female falcon
- 48 Butterfly
- 52 State (Fr.)
- 53 Television channel
- 55 Endearment
- 56 Mine (Fr. 2 words)
- 57 Rom. first day of the month
- 58 Per. poet
- 59 Maid
- 60 Compass direction
- 61 Foreign (pref.)

**DOWN**

- 1 Breach
- 2 Design
- 3 Profound
- 4 Hate
- 5 Fanatical
- 6 Wood sorrel
- 7 Rudderfish
- 8 Flat molding (abbr.)
- 9 "Cantique de Noel" composer
- 10 Kemo
- 11 Turk. title
- 19 Jap. fish
- 21 Intimidate
- 24 Amazon tributary
- 25 Grab
- 26 Kwa language
- 27 "Abner"
- 29 "Fables in Slang" author
- 30 Rhine tributary
- 31 Television channel
- 34 Car
- 37 Insect
- 38 Presidential nickname
- 40 Helper
- 41 Caddy (2 words)
- 43 Male duck
- 45 Loyal
- 46 Hindu soul
- 47 Cella
- 48 Crippled
- 50 Dayak people (abbr.)
- 51 Aeronautical (abbr.)
- 54 Low (Fr.)

**ANSWER TO PREVIOUS PUZZLE**

M	O	R	A	C	A	D	I	N	E	R		
E	M	I	T	A	B	E	D	I	D	A		
S	A	D	O	T	A	R	E	C	G	I		
				M	E	G	M	A	R	T	E	N
T	H	E	N	E	A	L	E	T	A	L		
E	O	N	I	N	T	L	E	T	A	L		
R	O	C	D	U	M	A	S	A	D	A		
P	T	E	R	S	A	P	A	T	A	I		
				L	E	S	N	P	G	E	R	
C	R	A	V	A	T	S	A	G				
L	A	D	B	A	L	L	A	F	A	R		
A	C	U	A	K	E	E	B	A	B	A		
P	E	S	L	E	A	D	I	A	M	B		

**ENIGMA™**  
CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "Q" = "D"*

"KV KT KDQNNQ S QNTKHSZON VPKDF  
VR ZN INOO QNTWNDQNQ, ZBV VPN  
FORHG ZNORDFT VR RBH  
SDWNTVRHT." — MOBVSHWP

PREVIOUS SOLUTION: "Flattery looks like friendship, just like a wolf looks like a dog." — Author Unknown

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1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
15				16				17			
18				19			20	21			
		22				23					
24	25	26				27		28	29	30	31
32				33		34		35			
36			37	38		39		40	41		
			42		43		44				
45	46	47				48		49	50	51	
52				53	54			55			
56				57				58			
59				60				61			

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