

AT THE CAMERON

Westford residents 55+ are welcome to participate in Cameron happenings. Check us out on our website www.westfordma/coa or call us at 978.692.5523 to arrange a tour. Come join the fun!

INCLEMENT WEATHER POLICY

The Cameron follows the same inclement weather procedures as Town Hall. For information please go to <https://www.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!**

WELCOME IN THE NEW YEAR TOGETHER

Wednesday, January 5, at 12pm

Join us for a New Year's Lunch! Donna Dutton will be preparing traditional ham, potatoes, and her broccoli salad for us to enjoy as we celebrate the start of 2022! Cost is \$5. RSVP at 978.692.5523



KARAOKE NIGHT AT THE CAMERON

Thursday, January 27, at 5pm

Join us for a night you won't forget! Music, mocktails, pizza, wings, and most of all laughter and fun. Bring your friends! Even if you can't sing you will still have a blast with a night out on the town at your local Karaoke "Bar".

RSVP at 978.692.5523. Cost is \$5

Special thanks to the Friends of the Cameron for their financial sponsorship of this event.



VETERAN'S LUNCH

Wednesday, January 19, at 12pm

Veterans and their spouses are invited to the Cameron for lunch co-sponsored by the American Legion Post 159 and VFW Post 6539. RSVP at 978.692.5523.

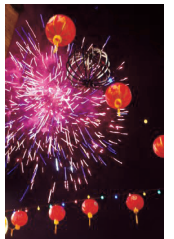


CHINESE NEW YEAR PARTY

Tuesday, February 1, at 1pm

Let us welcome the Year of the Tiger with a party! Chinese food, decorations, crafts and a great time to learn about different cultures traditions within our community. Don't forget to wear lucky colors (green, yellow, red and blue) to this event! Cost \$5 RSVP at 978.692.5523

Special thanks to the Friends of the Cameron for their financial sponsorship of this event.



VALENTINE'S LUNCHEON

Friday, February 11, at 12pm

Bring your spouse, your sweetheart, your best friend, or anyone who makes you smile and join us at the Fellowship Hall at First Parish Church, 48 Main St. The menu is Caesar salad, vegetable lasagna, rolls, Valentine sweets and beverage. Entertainment to be announced! Cost for Friends members is \$8 and \$12 for others. Please RSVP at 978.692.5523. **Sponsored by The Council on Aging, Friends of the Cameron, Rivercourt Residences, and the Westford Rotary Club.** Sure to be a great time—hope to see you there!



Director's Report ...

Happy New Year!

Every January, the parking lots at gyms and fitness centers are completely full, and by February, they're back to normal. Why? Folks make "New Year's resolutions" and soon they've given up on them.

I read an article last year about setting intentions instead of making resolutions. The difference is that a resolution tends to be very specific, such as "I will walk 10,000 steps every day", while an intention is a broader idea, such as "I will strive to be healthier this year". Think of the intention as a roadmap, and a resolution as a destination.

So why do the words/ideas matter? When people don't keep their resolutions – and most of us don't – they feel like they have failed. Once that first 10,000-step day has been missed, it's a slippery slope to "just forget the whole thing". Whereas an intention is a bigger idea, and missing one day doesn't change the intention at all. An intention can be specific – "I want to go to Paris this year" or more general - "I want to be more mindful of the things I eat."

We here at the Cameron want to support your intentions! If you want to get healthier, we have fitness classes for all levels, and a fully equipped fitness center. If you want to make new friends, we offer many social events – lunches, dinners, and talks. Learn to sew, to quilt, to play bridge! If you want to read more, join our monthly book club. Want to become more technically savvy? We offer one-on-one training with a volunteer. Is there some group or class you wish we offered? Let us know.

This is your center, and we want to help you to be your best self!

Jennifer



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
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

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

BOARD MEETINGS

COA Board-January 19 and February 16
Friends of Cameron—January 20 and February 17

DINING AND GAMES

Dining Options

RESTAURANT REVIEW

Be sure to mark your calendar for our next outings on **Wednesday, January 26 at 11:30am at Bertucci's 14 Littleton Rd, Chelmsford** and **Wednesday February 23 at 11:30am at Ocho Café, 149 Littleton Rd, Westford**. Please pre-register at 978.692.5523 so we can call the restaurants with a head count for adequate seating. When you arrive you can check in under "Westford Senior Center". Bon Appétit. If you need a ride, please tell us when you sign up.

Special thanks to the Friends of the Cameron for their financial sponsorship of the events listed below!

BIRTHDAY CELEBRATIONS

Tuesday, January 18 at 12:00pm Beef Stroganoff

Tuesday, February 15 at 12:00pm Lasagna

Enjoy birthday cake and ice cream after lunch as we celebrate our birthday celebrants. Lunch will be provided by students of Nashoba Tech Culinary Arts Program. Cost: is \$5 and birthday celebrant lunch is free. To register please call 978.692.5523

MEN'S BREAKFAST

Join our favorite breakfast chefs—**Marcel Lacombe, Bob Benoit, John Lasna, and Dave Anderson** who prepare a great breakfast!
On Monday, January 10 at 8am, Trivia King Ken Clough has a few trick questions up his sleeve. Join us for breakfast and trivia.
On Monday, February 14 at 8am, Geoff Hall will be speaking about the History of Westford. His presentation will continue at the March Men's Breakfast. Welcome back Geoff! \$3 suggested donation. RSVP at 978.692.5523

JOIN US FOR WOMEN'S LUNCH

Wednesday, January 12 at 12:00pm

Speaker: Dr. John Blute MD (retired Orthopedic Surgeon) and a Physical Therapist will be speaking on the importance of keeping moving. Lunch menu: Chicken Cacciatore prepared by Jackie Russell. Cost is \$5 Please RSVP to 978.692.5523

Wednesday, February 16 at 12:00pm

Join us for a nice social lunch where you will enjoy good food and even better company. Lunch menu: The Famous Baked Potato Bar prepared by Jackie Russell. Cost: \$5 and don't forget to RSVP to 978.692.5523

DINNER WITH DONNA

Tuesday, January 25 at 5:30pm

Winter blues? Let's think warm thoughts with a Hawaiian evening! Wear your bright luau attire and possibly win a prize! Be sure to do some stretching for our limbo and hoola hoop contests! Menu to be determined. **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.

Games

MONDAY BINGO

Mondays at 1pm

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. **Don't forget to mark your calendar for Valentine BINGO on Monday, February 14 for some sweet prizes. Please wear your favorite Valentine colors!**

THURSDAY NIGHT BINGO CHANGED TO BINGO ON SPECIAL FRIDAYS WITH AN OPTIONAL LUNCH

Since we *will not be* offering BINGO on Thursday evenings we are NOW excited to offer BINGO on the first and third Fridays in January and February beginning at 1pm. BINGO supplies can be purchased—\$1 for a dobber and \$3 for a BINGO sheet which includes 3 BINGO boards



If you're interested in having lunch before BINGO, please register for any or all of the lunch offerings prepared by the **fabulous BINGO chef, Mike Dyer. Lunch served at 12:00 Cost is \$3**
Friday, January 7 Chili & corn bread
Friday, January 21 Grilled cheese & tomato soup with noodles
Friday, February 4 English muffin pizzas & brownies
Friday, February 18 Corn chowder & turkey sandwiches
 Please remember, you **must** RSVP for lunch by calling 978.692.5523. **For any questions about BINGO, call our program coordinator, Katie Russell, at 978.399.2330.**

CARDS AT THE CAMERON

Please register at the front desk for selected game(s). If there is a cancellation, we will notify you by phone.

BRIDGE Thursdays at 2:30pm

CRIBBAGE Wednesdays at 12:30pm

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



Starburst Quilted Ornament Workshop led by Karen Sue Bigelow (standing, rear left) was a festive and lovely time for many of our artistic Center participants. Thanks, Karen Sue, for another terrific class!

Health and Wellness Offerings

Fitness Classes

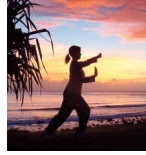
A special thanks to the Friends of the Cameron for helping to subsidize these classes

TAI CHI

Mondays at 1pm

Eight Weeks beginning January 3

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.**



STRENGTHEN YOUR IMMUNITY WITH MINDFUL MOVEMENT

Tuesdays at 9am

Eight weeks beginning January 4

Instructor: Ray Caisse 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 beginning January 4

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 January 4—February 22

Thursdays January 13—March 3

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 January 4—February 22

Thursdays January 13—March 3

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 beginning January 11

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 for Westford Residents is \$50, others are \$65



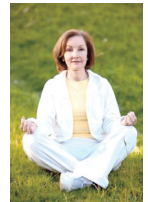
GENTLE YOGA

Thursdays at 9am

8 weeks beginning February 10

No classes in January

Join Jo Crawford for a peaceful and enriching yoga class at the Cameron. Cost for Westford residents is \$24 per session; others pay \$5 per class. Sign up at 978.692.5523



YOGA FOR ACTIVE SENIORS

Tuesdays at 4pm

8 weeks beginning February 1

Instructor: Katheryn Roper

Join us at the Cameron for this Yoga class. \$5 per class. Sign up at 978.692.5523



There's more than one way to be active! Folks enjoyed dancing at the last Dinner with Donna. Join us for the next one!



Health Screenings and Information

WESTFORD HEALTH DEPT BLOOD PRESSURE & MORE

Tuesdays, January 11 and February 15 at 9am

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, January 10 and February 14 at 9:30am

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, BY APPOINTMENT January 10 AND February 14

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. Call 978.692.5523 to schedule.

COMING IN APRIL

Spotlight on Emotional Wellness-Mindfulness, Emotion Regulation and Distress Tolerance Skills

with Lisa Wessan, LICSW, RM, CLYL

Based on the premise that every thought becomes a chemical reaction in your body, this workshop offers a multimodal approach to improve your ability to recover your emotional balance and feel healthier, more peaceful and relaxed. You will learn classic and innovative emotion regulation skills from Dialectical Behavior Therapy Skills Training (DBT), including how to identify and describe your emotions, change your emotional responses and manage extremely difficult emotions. You will also learn how to apply Mindfulness methods, to improve your attention and focus, stay in the present, and reduce negative judgments about yourself and others. **This workshop will be brought to our center by a grant from the Greater Lowell Community Foundation.**

About the instructor:

Lisa Wessan, LICSW, RM, CLYL, is a Psychotherapist, Life Coach, Dialectical Behavior Therapy Skills Trainer (DBT), author, speaker and consultant. Lisa works with individuals and groups who seek pleasure and fulfillment in their lives through improved energy and heightened consciousness. Lisa is also the on-air host and producer of the cable television *Lisa Wessan Show*. Her work has been featured in the media over the years, including *The Boston Chronicle*, *The Boston Globe*, *CNN*, *Paula Zahn Now*, *The Lowell Sun* and *The Wall Street Journal*. She is in private practice in Westford, MA, and travels widely presenting a variety of wellness and personal growth programs.

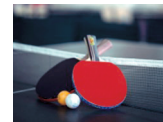
Visit www.lisawessan.com for further information.

Social Fitness Activities

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 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 as long as there's no snow on the court!. Just see the front desk to request the equipment. To get current information for pickle ball around Westford, check the pickle ball website.

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

Healthy Food Options

SNAP – Supplemental Nutrition Assistance Program

Do you need help buying groceries? If your monthly income (household of 1) is less than \$2,147 or (household of 2) is less than \$2,903, you may be eligible for a monthly benefit toward groceries. For more information, call Annette at 978.399.2326 or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

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**
January 5, 12, 19, 26
February 2, 9, 16, 23
- **Friday Mornings from 9 to 11 am**
January 7, 14, 21, 28
February 4, 11, 18, 25

For more information, or to donate, check their website at

www.westfordfoodpantry.org

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.



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

SOCIAL SERVICES AND OUTREACH NEWS

Outreach

"You'll never get bored when you try something new. There's really no limit to what you can do", Dr. Seuss. With the New Year upon us, let this be when you commit to getting out of the house more and engaging with your peers and having fun! If you need some quiet time, come read in our library or work on a puzzle. If you need some laughter and socialization, check out ping pong, exercise classes or one of our delicious meals. Activities here are numerous and confidential Social Services are available to you as well. We look forward to seeing you! Annette 978.399.2326.

SUPPORT GROUP SURVEY – please respond!

In the past we have had various groups to help folks manage different aspects of their lives, such as Living with Chronic Illness, Pain Management, Caregiver Support, Aging Mastery, Decluttering, etc. We would like to offer another 6-8 week support group in the spring months but want to hear from you what might be most needed/wanted. We could repeat any of the above or try a new one such as a grief support group, coping with loneliness, dealing with memory issues. Please share your ideas with Annette or Alison in Social Services by calling 978.692.5523. We are here to serve you.

DID YOU KNOW ABOUT?

MOVE MANAGERS

Recognizing and managing the stress of relocating older adults, individuals and families is the hallmark of the National Association of Senior & Specialty Move Managers. Specialty & Senior Move Management is the profession that assists older adults, individuals, and families with downsizing, relocation or simplifying their homes. Most Specialty & Senior Move Managers® can help with some or all the following:

- Developing an overall move or "age in place" plan

- Organizing, sorting and downsizing

- Arranging for the profitable disposal of unwanted items through auction, estate sale, buy-out, consignment, donation, or combination

- Interviewing, scheduling and overseeing movers and arranging shipments and storage

- Supervise and oversight of professional packing and unpacking and setting up the new home

- Related services, such as cleaning, waste removal, shopping, senior escort, assisting with selection of a realtor and helping prepare the home to be sold. For more info: <https://www.nasmm.org/find-a-move-manager/>

www.nasmm.org/find-a-move-manager/

FIVE WISHES

Are you familiar with the advance directive document, the Five Wishes? It was created by the founder of the national non-profit organization, Aging with Dignity, Jim Towey. Jim created Five Wishes with in end-of-life care to help people of all ages get the treatment they want if they become seriously ill. Expressing your wishes in an advance directive like Five Wishes helps empower your family, friends, and doctor to make decisions about your healthcare if you are too ill to communicate. This can avoid family disagreements, as you have decided for yourself how to proceed. If you are unable to make your own decisions or speak for yourself, your Five Wishes advance directive, and the person you designate as your healthcare agent, can help direct your care with your doctor. This is a legal document in Massachusetts and Medicare & Medicaid Services has ruled the agent or proxy you appoint is treated as the patient's "personal representative" under HIPAA and has the same access to medical records and information as the patient, once the advance directive takes effect. For more information go to www.fivewishes.org/MyDirectives or call Annette at 978.399.2326.

Become a Dementia Friendly Champion in Your Community!

Dementia Friends Massachusetts is offering three different dates for a free Zoom training that will give you the knowledge and materials you need to share awareness about dementia! Dementia Friends is a global public awareness program that helps everyone in a community to learn a little about dementia and how it affects people, and the simple things that we can all do to make a difference. To learn more, watch a 2-minute video at <https://www.dementiafriendsma.org/node/127>

During this 2 ½ hour training, you will take part in an information session, and be counted as a part of the growing number of "Dementia Friends" worldwide. This training will also equip you with the knowledge and materials needed to become a volunteer "Champion," which means that you will be able to facilitate your own virtual or in-person Dementia Friends Information Session with members of your community. High school students and adults are able to become trained as Champions. The training will be held in English. However, materials are available in Arabic, Chinese, Haitian Creole, Khmer, Portuguese, Russian, Spanish, and Vietnamese, for those who are multilingual and would like to lead an information session in one of these languages.

Choose one of these dates:

Friday, January 21, 9:00am to 11:30am Register in advance here

<https://zoom.us/meeting/register/tJUrfuqvrzsqEtKDKyQ6ngeo9msxv5LjCfaz>

Tuesday, January 25, 2:00pm to 4:30pm Register in advance for this meeting:

<https://zoom.us/meeting/register/tJUtc-6ppjMvEtaruHxezMqHVobh1euvC2fp>

Register by clicking the link for the training date that you choose, and filling out the registration form. You will receive an automated confirmation message back with your unique Zoom link to join the meeting. Please check your junk folder if you don't receive it.

Housing and Independent Living

PROPERTY TAX RELIEF PRESENTATION

January 14 at Noon

Join Will Naser, our new town Principal Assessor, Christine Collins, Tax Collector/Treasurer and Annette Cerullo, Elder Outreach Coordinator for a discussion on current property tax relief programs and the new one that passed last year at the ballots. We will explain the application criteria and answer questions. Light lunch will be provided. Please sign up in advance at 978.692.5523.

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.

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. Many 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.

Community Resources

VET 2 VET

**With retired veteran's agent and resident Terry Stader
Tuesdays, January 11 and February 8 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 January 5 and February 2 at 6:30pm

Meets the 1st Wednesday of the month beginning at 6:30. The meeting has been happening via Zoom during the pandemic. Please call Sandy Klaprod, the group leader at 978.758.6072 for more information or to pre-register.

ASK THE REALTOR

**With Kathy Cunningham of Coldwell Banker, Westford
Mondays January 10 and February 14 at 9am**

Call 978.692.5523 to schedule an appointment to speak with local realtor Kathy Cunningham about your personal real estate questions.

ASK THE DETECTIVE

Thursdays, January 13 and February 10 at 11am

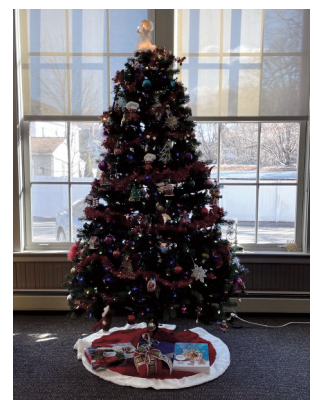
Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation at the Cameron. Walk-in or call 978.692.5523 for an appointment.

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.

THANK YOU to Barbara and Bob Tonnucci, and Frances Kosenko, for decorating our Christmas tree so beautifully. Also, thanks to Claire France for putting up the Menorah and placing the candles in the windows. It really brightened up the Center for the month of December.



Transportation

From the Dispatcher's Desk

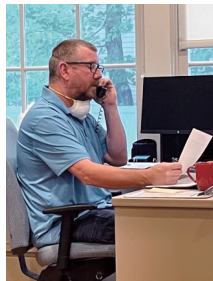
Regular operations of our Transportation Department provide hundreds of rides each month to Westford seniors (55+) and disabled persons, to destinations throughout Westford, Chelmsford, Lowell, Ayer, Acton, Carlisle, Groton, and Littleton. Our vans are available for not only events scheduled through 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. **If you need transportation for a Cameron-sponsored event, just let the front desk know when you register—there's no need to call Transportation!**

DRIVER OF THE MONTH!



Let us introduce **Lois Hartley**. Lois has been with the Cameron Senior Center for many years as one of our Transportation drivers. She is also a part of the Cameron Senior Center Upbeats band, playing music at our events and at local nursing homes. She was a Boston Public School teacher and coach in her life before joining us. In her spare time she loves to play golf, go boating and play with the band. She also volunteers with the American Red Cross. Lois has lived in

Westford for 20 years and loves conversing with our clients and meeting all our wonderful seniors.



Thursday, February 24, 5:30pm

Be sure to set this date aside for an evening of fun competition. More details to follow— look for flyers in early February. The cost is \$3 for refreshments and prizes. Please sign up for this fun program by February 18 at 978.692.5523. **Thank you to the Friends of the Cameron for subsidizing costs.**

UPBEATS BAND

Thursdays 10am

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

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. 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 financial concerns, please see Annette or Alison in the Social Services Department for scholarship assistance.

SOCIAL AND ENRICHMENT ACTIVITIES

MOVIE NIGHT

Thursdays , January 20 and February 17 at 4pm sharp

Join us January 20 for *Minari*, a tender, award winner movie about a South Korean family that moves to America and February 17 for the classic *Little Women* set in post-Civil war days. Just \$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 January 18 and February 15 at 2pm

Are you a reader who likes to talk about books? Join us in our cozy library for our January gathering to discuss the historical fiction, *Shanghai Girls* by Lisa See and in February the mystery *Shutter Island* by Dennis Lehane You can get a book from us at the senior center or try on line i.e. Kindle, Hoopla, Libby. Happy Reading! Annette 978.399.2326



The first event of our ongoing diversity series was a huge success! **Cindy Kalish and Martha** prepared Jewish food for our first annual Hanukkah lunch (they've already agreed to do it again next year!) Our next event is our Chinese New Year Party on February 1—see the front cover for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	4 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	5 9:30 Bone Builders 12:00 New Years Lunch 12:30 Cribbage 6:00 Food Pantry 6:30 Caregivers Sprt	6 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 2:30 Bridge	7 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 1:00 BINGO 3:00 Technical Train
10 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Ask the Realtor 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	11 9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 11:00 Vet to Vet 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:30 Thrive 7	12 9:30 Bone Builders 12:00 Women's Lunch 12:30 Cribbage 6:00 Food Pantry	13 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge	14 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 Prop Tax Relief 3:00 Technical Train
17 MLK Day Center Closed	18 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 12:00 Birthday Lunch 1:00 Bone Builders 1:00 Open Art Studio 2:00 Book Club 3:30 Ping Pong 4:30 Thrive 7	19 9:30 Bone Builders 12:00 Veteran's Lunch 12:30 Cribbage 6:00 Food Pantry	20 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 2:30 Bridge 4:00 Movie Night	21 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 1:00 BINGO 3:00 Technical Train
24 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	25 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 5:30 Dinner with Donna 4:30 Thrive 7	26 9:30 Bone Builders 11:30 Restaurant Rev 12:30 Cribbage 6:00 Food Pantry	27 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 2:30 Bridge 5:00 Karaoke Night	28 9:00 Billiards 9:00 Food Pantry 9:30 Ping Pong 3:00 Technical Train
31 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong				January 2022

**Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3
Fitness Center also open Tuesdays and Thursdays until 7:30PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 2022	1 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 1:00 Chinese New Yr 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:30 Thrive 7	2 9:30 Bone Builders 12:30 Cribbage 6:00 Food Pantry 6:30 Caregivers Support	3 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 2:30 Bridge	4 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 1:00 BINGO 3:00 Technical Training
7 9:30 Bone Builders 10:00 Sewing 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	8 9:00 Quilting 9:00 Mindful Movement 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 11:00 Vet to Vet 1:00 Bone Builders 1:00 Open Art Studio 3:30 Ping Pong 4:30 Thrive 7	9 9:30 Bone Builders 12:30 Cribbage 6:00 Food Pantry	10 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 11:00 Ask the Detective 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge	11 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 12:00 Valentine Lunch 3:00 Technical Training
14 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Ask the Realtor 10:00 Sewing 12:30 SHINE 1:00 BINGO 1:00 Tai Chi 1:30 Whole Foods 2:00 Ping Pong	15 9:00 Quilting 9:00 Mindful Movement 9:00 Blood Pressure 9:15 ZUMBA 10:10 Chair Movement 10:15 Pilates 12:00 Birthday Lunch 1:00 Bone Builders 1:00 Open Art Studio 2:00 Book Club 3:30 Ping Pong 4:30 Thrive 7	16 9:30 Bone Builders 12:00 Women's Lunch 12:30 Cribbage 6:00 Food Pantry	17 9:00 Gentle Yoga 9:15 ZUMBA 10:00 Upbeats band 10:10 Chair Movement 12:30 Hand and Foot 1:00 Bone Builders 1:00 Watercolor Class 1:30 Whole Foods 2:30 Bridge 4:00 Movie Night	18 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 1:00 BINGO 3:00 Technical Training
21 President's Day Center Closed	22 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 4:30 Thrive 7	23 9:30 Bone Builders 11:30 Restaurant Rev 12:30 Cribbage 6:00 Food Pantry	24 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 2:30 Bridge 5:30 Game Night	25 8:30 Billiards 9:00 Food Pantry 9:30 Ping Pong 3:00 Technical Training
28 9:30 Bone Builders 10:00 Sewing 1:00 Tai Chi 1:00 BINGO 1:30 Whole Foods 2:00 Ping Pong				

**Fitness Center, Library, Billiards Room, Computer Room, Trudy's Boutique open daily from 9—3
Fitness Center Open Tuesdays and Thursdays until 7:30PM**

Friends Corner

The Friends would like to take this time to thank all the volunteers, and “customers” who helped make our 2021 Lobby sales such a great success. We had no idea that our costume jewelry would be such a hit!

We ended a successful calendar year with a gift card sale, a holiday bazaar, bake sale, gift wrapping, and the Cameron tree display at the Regency. Again a huge thank you to all who volunteered and worked so hard.

Heartfelt thanks to all who donate—you are key to funding many services the Friends provide.

With funds raised from our many activities we will continue to provide qualified seniors with emergency financial assistance for food, housing, utilities, medical services, or transportation, sponsoring social activities and organizing fundraising events, managing the Cameron thrift shop, Trudy’s Boutique, and covering costs of fitness and exercise classes, so Westford seniors can attend.

Stay tuned for upcoming winter and spring events.

Pat Reppucci
President, Friends of the Cameron Senior Center

Friends website <https://westfordmafriensofcameron.com/>



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. Or stop by the desk and pick up a package!

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 beginning January 6

Thursdays from 1pm-3pm

Please note: No class will be held on January 27

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 for Westford residents and \$110 for others. 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. Share project tips and enjoy some creative company!

DID YOU KNOW?

Elder Services of Merrimack Valley (ESMV) has changed their name. They are now AgeSpan. If you receive communications from the former ESMV, look for their new name and logo.

COME SHARE YOUR TALENTS AND BE A CAMERON STAR

We are looking for people who would like to participate in the Talent Show we are having in March. If you have a special talent you would like share with the Cameron community, please contact Katie to sign up at 978-399-2330 or krussell@westfordma.gov



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ACKNOWLEDGING INCREDIBLE COMMUNITY SPIRIT AND GENEROSITY

2021 was (again!) a strange year. So many changes in our daily routines made it challenging for us to visit friends and family members at the beginning of the year. And yet, we are ending 2021 on such a high note—most of us are vaccinated and healthy. We want to acknowledge some of the people who went above and beyond to provide the best service possible to the seniors of Westford.

24th Annual Jim Geraghty family and friends Thanksgiving Dinner

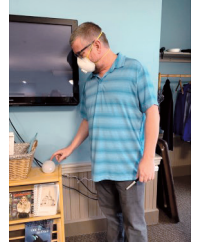
Jim Geraghty, along with his family and friends, and in partnership with Westford Academy, have created special memories for over 200 older adults each Thanksgiving. This year was especially wonderful after last year's "to-go" event made necessary by the pandemic. A very festive luncheon was hosted at Westford Academy and the pre-dinner BINGO entertainment (with prizes!) was enjoyed and appreciated by over 210 participants. On behalf of them and our Council on Aging we would again like to thank Jim and his wonderful partners for making this incredible event possible.

Ham & Bean Dinner

A special thanks to the Westford Retired Firefighters Association for hosting a delicious home-style ham and bean dinner. Musical entertainment was provided by DJ David Welch. This annual tradition, graciously hosted by the Franco-American Club, is enjoyed each year as a memorable night out for many of our seniors. We would be remiss if we failed to mention those door Prizes - especially the coveted cooked ham bones! We are so grateful for all the volunteer hands and hearts that make this event a "must not miss" for so many people.

For many of our homebound residents and those with transportation challenges, these events would not be possible to enjoy without the incredible COA Transportation program. A special thank you to **Robert Rafferty, COA Transportation Dispatcher** and drivers **Lois Hartley and John Lasna** for their extra efforts.

Thanks to **Bob Rafferty** for installing two Echo Dots for participants to use in the Center. One is in the sitting area and the other is on the fitness room. Ask Alexa to play music, check the weather, or just to search the web to answer your question. Just say, "Alexa" before you ask your question.



Holiday Baskets

Each year the Cameron Senior Center, St. Catherine's Chapter of St. Vincent de Paul, and the Westford Food Pantry, in partnership with many community donors, provide local families with gift cards for Thanksgiving and Christmas dinners, and gift cards so they can purchase presents for their children. This year, 147 families received Market Basket gift cards to shop for their holiday dinners. Also, 174 children will be provided gifts from parents receiving store gift cards to provide a memorable Christmas morning. A special thank you to the following individuals for their incredible gift of time orchestrating this effort—**Tim Baker, Sue Foley, Karen Heitkamp, and Katie Russell**.

Friends of the Cameron

The Friends have held many successful fundraisers during this holiday season. Over the past weeks, our Friends Board, members and volunteers have been working to raise money for the Cameron. We would like to thank the Friends Board for their hard work and leadership in executing the following seasonal fundraisers which include:

- Weekly lobby sales from Trudy's Boutique
- Auction/silent auction and raffles
- Annual Gift Card Sale
- Holiday Bazaar Auction and Bake Sale
- TRUDY's Week-long Holiday Sale
- Gift Wrapping

The COA staff is grateful for all the many ways you support the programs, social service hardship assistance and additional needs of the center. So much of what we do wouldn't be possible without your support!



A big thank you to Scott's Tree service. They are always ready and willing to hang our banners in the center of town to advertise special events.



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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



THANK YOU!

To the **Westford Police Department** - Our sincerest appreciation goes out to Sergeant Greg Marchand and the officers that have delivered heavy buckets of sand to local seniors. Many residents now feel more prepared for the icy, snowy days that lie ahead. Thank you so much!

To **Mike Dyer** for providing many of us hot dogs and burgers on Thursday nights. Mike has put in many hours food shopping, prepping, cooking and cleaning the kitchen a few times/month. Thanks Chef Mike!

To **Edna MacNeil, Phyllis Carrow and Sandra Koester** for serving the **Walk for the Poor** participants who raised money for the local food pantry. Thanks also to all the walkers!



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BRAIN GAMES

Answer to Sudoku

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

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

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

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CROSSWORD PUZZLE

ACROSS

- 1 Israelite tribe
- 4 Biblical giants
- 8 Universe (pref.)
- 12 Stitchbird
- 13 Synthetic rubber
- 14 Table scraps
- 15 Eg. god of pleasure
- 16 Tallow (2 words)
- 18 Madame Bovary
- 20 Commotion
- 21 Padded jacket under armor
- 25 Son of Zeus
- 29 Dish (2 words)
- 32 Ganda dialect
- 33 Agent (abbr.)
- 34 Indian sacred fig
- 36 "Blue Eagle"
- 37 Ravine
- 39 Immense
- 41 Swelling
- 43 State (Ger.)
- 44 Medieval shield
- 46 Before (Lat.)
- 49 Culm (2 words)
- 55 Fiddler crab genus
- 56 Snake (pref.)
- 57 Unfledged bird
- 58 Centers for Disease Control (abbr.)
- 59 Love (Lat.)
- 60 Tooth (Lat.)
- 61 Exclamation

DOWN

- 1 Deride
- 2 Attention-getting sound
- 3 Raze
- 4 Amer. Bar Assn. (abbr.)
- 5 Pigeon
- 6 Black cuckoo
- 7 Hindu god of love
- 8 Banner
- 9 Yellow ide
- 10 As written in music
- 11 Mountain standard time (abbr.)
- 17 Amer. Dental Assn. (abbr.)
- 19 Pointed (pref.)
- 22 End
- 23 Auricular
- 24 Rom. historian
- 26 Build
- 27 Irish sweetheart (abbr.)
- 28 Hall (Ger.)
- 29 Created
- 30 Old-fashioned oath
- 31 Beer ingredient
- 35 Afr. worm
- 38 Vomiting
- 40 Drain
- 42 Amer. Cancer Society (abbr.)
- 45 Habituated
- 47 Alternating current/direct current (abbr.)
- 48 Apiece
- 49 Tibetan gazelle
- 50 Revolutions per minute (abbr.)
- 51 Exclamation
- 52 Nautical chain
- 53 Belonging to (suf.)
- 54 Manuscripts (abbr.)

ANSWER TO PREVIOUS PUZZLE

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

ENIGMA™
CRYPTOGRAM

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

"XDMXIAOG TO YO ELAX TJIT ZJXD
COH MLX XAXD TJX HDMXGTIVXG
ZLEE WX YOGGC."

— BIGV TZILD

PREVIOUS SOLUTION: "It is indeed a desirable thing to be well descended, but the glory belongs to our ancestors." — Plutarch

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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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