



WWW.WESTFORDMA.GOV/COA 978.692.5523

AT THE CAMERON

VALENTINE LUNCHEON with Vocalist, Alexandria Connolly

~~Friday, February 10~~ at 12 pm

CORRECTED DATE: Wednesday, February 12

First Parish Church, 48 Main St., Westford

Sponsors: Friends of the Cameron, Westford Fund founder Patti Mason, RiverCourt Residences, Alcorn and Owens, Attorney At Law, Westford Rotary Club, Westford Garden Club, Girls Scout Troop #82694 (8th Grade Cadettes from Blanchard and Stony Brook Middle Schools)



Come, make this heartfelt luncheon complete with your special presence. Together we will enjoy uplifting and favorite songs by the talented vocalist, Alexandria, brought to us by our partners at RiverCourt Residences in Groton. Before you know it you will be singing and smiling! Our special Valentine menu

will be prepared by our favorite Nashoba Tech culinary students. The luncheon includes: Winter pork loin with apple demi-glace, fingerling potatoes, green beans, rolls, salad and beverages. The featured dessert: Lemon iced cake provided by Rivercourt and special valentine treats will adorn each place setting thanks to the Westford Rotary Club and Alcorn & Owens. **Cost: Friends Members \$12 and Non-Friends Members \$18.** Registration begins Tuesday, January 2nd.

SPECIAL THANK YOU FOR MUCH GENEROSITY

Jim Geraghty's Family and Friends 27th Annual Thanksgiving Dinner: The Cameron and our older adult population is so fortunate to be able to attend this Annual Thanksgiving event each year at the WA cafeteria. Everyone looks forward to this magnificent time with early AM BINGO, lots of prizes and a Thanksgiving spread that is prepared by our very own WA cafeteria in-house staff chefs. Thank you, Jim, Family and Friends and Westford Academy. More than 200 older adults were served this fantastic meal!



Pictured at left are Steven, Bella and Charlene enjoying a delicious Thanksgiving meal. Below is a wide angle view of the fun at Jim Geraghty's celebration.



The Cameron follows the same inclement weather procedures as Town Hall. To find updated weather information concerning delayed opening or closure go to <https://westfordma.gov> or call the center after 6:30 am

SENIOR LIVING COMMUNITIES FIELD TRIPS with Annette **Thursday, January 30 from 11 am - 1 pm (approximately)**



We are excited to offer this new program of facility visits the last Thursday of every other month. These visits will include a tour and sometimes a free lunch at the facility. These trips will allow you to explore housing options such as retirement communities and assisted living residences. We will provide transportation for approx. 8-10 people, and others may join by car with a maximum of 20 attending. Our first visit in January will be to *Benchmark Senior Living at Robbins Brook in Acton*. Their mission is to provide a culture of caring that enhances a resident's quality of life. If you are considering alternative housing options, please sign up quickly at 978.692.5523.

TECHPALS



Wednesdays at 2:30 pm, January 22 and February 26

Each month, we will be having a technology help workshop done by a nonprofit called Tech Pals. At TechPals, their goal is simple: empower seniors to navigate today's tech-driven world with confidence and joy! How do they do it? By bringing in the next generation of tech experts – high-school volunteers – to share their digital know-how with seniors, one "Pal" at a time. Think of it as the coolest tech support hotline...but way more personal and fun. Please sign up for these informative workshops at 978.692.5523

WELLFIT CIRCUIT TRAINING CLASS



Tuesdays at 4 pm

8 Week Class Starting January 7 and ending February 25

Wellfit is a circuit strength training class with a wellness lifestyle component. Taught by Wellbeing Fitness instructors Melissa Matheson and Scott Cassa. Class will take place here at the Cameron Senior Center Fitness Room. Class size and space is limited, so it is **restricted to Westford residents ONLY**. **Cost is \$95.** Please sign up at 978.692.5523.

Director's Column

Dear Cameron Friends,

Welcoming all in 2025!

As this new year unfurls, I couldn't help reflecting on an inspiring poem that my father gave me titled, "WITH LOVE PROMISE YOURSELF". I wish to share a few encouraging lines as follows:



To forget the mistakes of the past and press on to greater achievement of the bright, and fresh future.
To talk health, peace, and happiness to everyone you meet.
To give so much time to the improvement of yourself that you have no time to be critical of others.
To be too large for worry, too strong for fear, too noble for anger, and too happy to permit the presence of trouble.
To think of the best, work for the best, and only expect the best in your life.

How fortunate we are to reflect and start anew. Myself, along with our outstanding and committed Cameron Team, are honored to be here to serve you.

Wishing a celebratory 2025/26 together,

Jennifer Claro

Special thank you for much generosity:

A great big thank you to Tsongsi Nelson and her Cameron volunteer friends who helped make the sidewalk entrance, yard and drive look so happy and bright with donated flowers and culled beds. We can appreciate the pretty grounds as we walk by in the coming months and anticipate next spring!

Ham and Bean Dinner Supper made for a fun Saturday night out thanks to the Westford Firefighters Association, American Legion Post 159 and the Franco-American Club. Thank you for providing a tasty dinner, music, door prizes and just letting everyone enjoy oneself.

Our COA staff would like to thank **Fred Baumert, SHINE Counselor**, for seeing over 86 clients over the last 12 weeks to ensure they had pertinent information to determine most appropriate health coverages for themselves in the upcoming year. What a wonderful volunteer service and much appreciated by his clients. To book an appointment for our SHINE Counselor on Monday afternoons please call 978-692-5523.

Thank you to **Claire France** for her special planning of the annual Holiday Luncheon at the Westford Regency. As always, it was a wonderful and elegant luncheon!

Ellen Harde and Muffins on Main for donating the hot chocolate and her scrumptious cookies for **Cookies and Cocoa by the Fireplace** with our very special **Katie**. A fun festive time for all to chat and enjoy one another's friendship before the Christmas holidays.

Late Cancellations:

It has become apparent we must mention how late cancellations affect programs, costs, and disappointments to others. Did you realize when you sign up for a luncheon, cancel the day before, and haven't paid yet, the Cameron budget pays for the meal you have signed up for, and there is potential food waste? Also, think about an outside speaker or Cameron center volunteer(s) who offers to run a program and/or provide refreshments, and suddenly, the day of program, a group of friends cancel and there are four "no-shows". This isn't the CAMERON way. Please be mindful of the reason you RSVP. We want to offer flexibility in sign-ups and payments because we realize everyone's wallets are different, but the COA budget cannot afford financial waste. **Let's do better**, thinking of others involved in programs and services and help ensure the continuation of affordable and varied programs the Cameron Team wishes to maintain can continue.

Friends Corner

As a 501c3, the mission of FRIENDS is to raise funds to supplement the cost of programs at the Cameron. We count on FRIENDS Memberships and donations as well as fundraisers to support that mission. With your help, we contribute substantially to services at the COA.

The Friends of the Cameron is happy to welcome **Marcella Rivard** to fill the open position on the Board. Marcella has a strong Finance background and a passion for fundraising.

Did you know the **Coffee pods** available to you in the lobby are purchased by the FRIENDS? We are happy to offer you this convenience, but please be mindful of the **\$.50** donation we ask of you each time you take one. Your cooperation will help ensure we can continue the service.

Time to sing the praises of **Trudy's Boutique**,

one of our most successful ongoing fundraisers. Thanks to Frances Kosenko and her team for their countless hours managing the shop, and to the dedicated volunteers sorting through donations coming in each week!

You can find Trudy's on the second floor across from the Fitness Center, **open daily from 9 am- 3pm**, offering men and women's clothing along with housewares and accessories. Want to volunteer? It takes 20 volunteers per week to staff the shop. Fran is always looking for help for regular shifts as well as those who can be available to sub. Give her a call (978-793-0281). Most importantly, spread the word and visit often! You'll never leave without a bargain, and every dollar spent helps subsidize costs of Cameron programs.



See you at the **Valentine's Lunch** event at 12 noon on Wednesday, February 12, another opportunity to enjoy the benefit of your FRIENDS membership. Remember that you can always join the Friends, or renew your membership. For your convenience, the Membership Form is available in **this issue**, useful for **donations and memorial contributions as well**. See page 13.

Happy New Year from your FRIENDS!

Lynne Stader, President



Find us on Facebook: [Friends of the Cameron Senior Center](#)

New Series!

FINANCIAL CONSIDERATION PRIOR AND/OR AFTER RETIREMENT

Tuesday, February 25th at 5PM

Topic: **The Four Pillars of Retirement Health**

Marshall Tisdale, AAMS™, CEPA®, from Edward Jones will share insights from the Edward Jones/Age Wave research about how retirement is changing. Attendees will gain knowledge about the four essential pillars (health, family, purpose and finances) that can impact quality of life in retirement. There will be an opportunity to share questions. We will have three additional topics that will be covered in workshops in the coming months.



VISIT WITH CHIPS

Wednesday January 15th at 2pm

Wednesday February 19th at 10am

Chips is an 11 year old Yellow Lab who worked as a Therapy dog for 9 years at a psychiatric hospital with Sue Jones from Westford. He graduated from the NEADS program and is a nationally certified assistant dog. He provided support and healing for patients and staff. Chips loves people and loved his job! Chips and Sue will be here visiting the center once a month if you would like to spend some time visiting this very lovable dog.



Back Again for Music Lovers!

Enjoy 2025 MET OPERA!

Saturday, January 25 at 1 pm

AIDA (225 minutes) Saturday, Jan. 25th at 1PM

Cost: \$16

Location: O'Neil Cinemas, The Point, 1200 Constitution Ave., Littleton
RSVP at 978.692.5523 to confirm reserved seating.

ACORN TO OAKS

Wednesdays at 10:00 am - Jan. 15 and Feb. 19

We are collaborating on a program with the Roudenbush in which seniors read to the students at the Frost school. Please contact Katie at 978.399.2330 or at krussell@westfordma.gov with any questions.

THANK YOU!

Bob Tonucci and Carolyn Priest for their creativeness in decorating our Christmas Tree so beautifully for all of us to enjoy!

To the "Upbeats Band" who performed at The Festival of Trees prior to our annual Holiday Luncheon at the Westford Regency and to the "Honors Chorus of Westford Academy" who performed at our Holiday Luncheon. Both groups provided wonderful seasonal music for all to enjoy!

Happy New Year! *Claire*



THANK YOUs!!

To the **Westford Police Dept.** 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 **Edna MacNeil** and **John Lasna** for serving water and apples to the Walk for the Poor participants who raised money for the local food pantry. Thank you also to the **300 walkers!**

We are immensely grateful for our partnership with **Gaining Ground of Concord.** The farm serves many communities with the help of **3,000 volunteers** to grow and distribute **120,000 lbs. of produce.**

Gaining Grounds Volunteers who committed 26 weeks of distributing fresh organic produce. Shown below are: **Chuck Dutton, Kevin Dunn, Jean Lemieux, Bill & Mary Bowser, Mike Dyer, Shirley & Dennis Smith, Sandra Secovich**



WESTFORD HOLIDAY ASSISTANCE PROGRAM THANKS YOU!

The Cameron Senior Center once again partnered with the Westford Food Pantry & St. Catherine St. Vincent de Paul Society for the Westford Holiday Assistance Program. This program serves Westford families and individuals who would like to cook a Thanksgiving or Christmas meal and are facing a financial hardship. The program also helps families with children 18 and younger, who would like assistance providing a gift for their child. Thanks to our **generous community donors**, along with support from the Westford Food Pantry and St. Catherine St. Vincent de Paul, we were able to provide food assistance to over **420** individuals, with more than one hundred of these individuals being seniors! The program also provided gift assistance to more than **170** local children.

We would like to thank the team that works to coordinate this program by reaching out to those who may need assistance, and approaching donors who may wish to help make the holidays nicer for those struggling. Shown below are Sue Foley, Ann Miller, Anne Cappucci and Karen Heitkamp. We would also like to thank Alison Christopher, Town Social Worker, Nicole Lavolette, Jennifer Claro, COA Director, WFP Treasurer Bernard Peloquin, SVDP Treasurer Dan Towers, Friends of Cameron Treasurer Kevin McGuire, and the staff at the Cameron.



Health and Wellness Offerings—Fitness Classes

LATIN DANCE CLASS

Mondays at 10am

Instructor: Martha Tonkovic

If you feel passion for Latin Dance, come and learn easy steps of: Bachata, Samba and Rumba. Each month you will learn a new dance. The **cost is \$5** per class. Pay directly to the instructor. Class size is limited. Sign up at 978.692.5523.

ZUMBA CLASS with CAROL WING

Tuesdays - January 7th - February 25th

Thursdays - January 9th - February 27th

Class Starts at 9:15 am



For safety reasons and the courtesy of other class members, late attendance will not be accepted. If you are more than 10 minutes late, you will be asked to not participate in that day's class. **Cost:** Westford residents for 8 weeks for one class per week is **\$24** and for both Tuesday and Thursday classes, the cost is **\$48**. Non-resident's cost is **\$40** for one day per week and **\$80** for two days per week. Sign up at 978.692.5523.

CHAIR MOVEMENT with CAROL WING

Tuesdays - January 7th - February 25th

Thursdays - January 9th - February 27th

Class Starts at 10:15 am



For safety reasons and the courtesy of other class members late attendance will not be accepted. If you are more than 10 minutes late, you will be asked to not participate in that day's class. **Cost:** Westford residents for 8 weeks for one class per week is **\$24** and for both Tuesday and Thursday classes the cost is **\$48**. Non-resident's cost is **\$40** for one day per week and **\$80** for two days per week. Sign up at 978.692.5523.

MINDFUL MOVEMENT

Tuesdays - January 7th - February 25th

9 am - 10 am: Beginner - Class Instructor: Stan Fall

10 am - 11 am: Advanced - Class Instructor: Stan Fall

Mindful Movement offers gentle physical activity to help move blood and oxygen around the body, nourishing the organs and tissues, promoting healing and strengthening the immune system. In addition, due to the in-the-moment connection of the mind to the breath and physical movements, Mindful Movement helps to calm the mind, relieving emotional stress and mental anxiety. The instructor for this 8 week session is from Cultivating Qi in Westford. For a short preview of what you will be learning, go to this link: <https://youtu.be/jaXqbbn4JF8> **Cost** is **\$40** for one class time per session, and **\$80** for both classes. Sign up at 978.692.5523.

INTRODUCTION TO TAI CHI & QIGONG

Tuesdays - January 7th - February 25th

6:00 pm - 7:00 pm

Instructor: Stan Fall of Cultivating Qi YangTao™

Tai Chi & Qigong offer gentle meditative movement to help move blood and oxygen around the body, nourishing the organs and tissues. This strengthens the immune system and enhances the body's natural ability to heal itself. In addition, due to the in-the-moment-connection of the mind to the breath, YangTao™ Tai Chi & Qigong help to calm the mind. The class is designed to be low key and fun for people of all levels. Come join us to learn these mindful movements and to connect with like-minded people. **Cost for the class is \$40 for the 8 weeks.** Sign up at 978.692.5523.



BONE BUILDERS

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

Tuesdays and Thursdays 12:45 pm* -1:45 pm

Bone Builders is a great class to participate in if you are recovering from a health set-back. Build your strength, increase your range of motion and flexibility at a pace that is comfortable for you. To register for the classes, please request an application from the front desk at Cameron. Your application must be completed (with physician's approval). Class space is limited. **No Classes January 1, January 20, and February 17.** ***First Tues. session of each month starts at 11:45 am, not 12:45 pm.** **We are grateful for Community Teamwork, Inc. for providing these wonderful classes for our center at no cost!**



WELL-BEING GROUP CONDITIONING TWO SESSIONS PER WEEK

Tuesdays & Thursdays at 10 am

8 weeks beginning Tuesday, January 7th – Thursday February 27th

Class Location: Well-Being Fitness Gym at Cornerstone Plaza located at 203B Littleton Road, Westford (next to Eastern Bank). A full body conditioning class focusing on



core stability, including elements of pliability, strength training, plyometrics, and cardiovascular fitness. Tap into a host of health benefits from a full-body workout around a cardio format while increasing strength and stamina. Class size is limited. Call to sign up at 978.692.5523. **Class fee:** Westford residents- **\$127** and non-residents- **\$143**.

WELL-BEING GROUP CONDITIONING ONE SESSION PER WEEK

Wednesdays at 9 am

8 weeks beginning January 8th – February 26th

Class Location: Well-Being Fitness Gym (see description of location and class for two-session class above). Class size is limited. Call 978.692.5523 to sign up. **Class fee:** Westford resident's **\$64** non-residents- **\$72**

GENTLE YOGA

Mondays at 12 pm

6 weeks beginning January 6th – February 24th.

No Class January 20 or February 17. Join Meghan Kwartler from Well Being Fitness and Yoga for Gentle Flow Yoga. Experience freedom in your mind and body with this gentle yoga class. Cultivate mobility in your hips and shoulders while improving balance. Feel the calming quality of your breath. Class size is limited. Please call to sign up at 978.692.5523. **Class fee:** Westford residents- **\$36** and non-residents- **\$42**.

INTERMEDIATE YOGA

Wednesdays at 11 am

8 wks starting January 8th – February 26th.

Join Meghan Kwartler from Well Being Fitness and Yoga. Class size is limited. Please call to sign up at 978.692.5523. **Class fee:** Westford residents- **\$48** and non-residents- **\$54**.



A special thanks to the Friends of the Cameron for helping to subsidize many of our fitness classes!

If you would like to participate in a class and you have a financial hardship, please see our social service staff for financial scholarship!

Health & Wellness Offerings— Classes, Clinics, Screenings & More

HEARING SCREENING

Mondays, January 13 and February 10 at 9:30 am

Dr. Megan Ford from HearSmart Audiology of Littleton will provide hearing screenings. Sponsored by the Westford Health Department. To book your appointment, please call the Health Department at 978.692.5509.

WESTFORD HEALTH DEPT. OFFERS:

BLOOD PRESSURE & MORE AT THE CAMERON

Tuesdays, January 14 and February 11 at 9 am Health screenings including blood pressure reading, weight check, medication review, and an opportunity to discuss other concerns with our favorite Town Nurse, Gail Johnson. No appointment necessary.

FREE HEALTH SERIES

Tuesdays, Jan. 21 and Feb. 18 at 4:30 pm

Join our monthly series with professional speakers from local medical sites the 3rd Tuesday of every month. In January we have **Occupational Therapist Kara Robinson**, who will provide practical tips for improving **home safety** to prevent falls and enhance daily living. Attendees will learn how to identify potential hazards in their homes and implement simple modifications to create a safer, more accessible living environment. In February, **Jessica, a Registered Dietitian & Nutrition Counselor at Great Wave Acupuncture and Wellness in Westford, MA** will be presenting. She has a master's degree in **food and nutrition** and has a passion for helping people to create a positive relationship with food. With over 15 years of counseling experience, she has worked with a diverse set of nutritional concerns. Please sign up at 978.692.5523 to participate in either program.

NEED ASSISTANCE WITH UNDERSTANDING MEDICARE?

Mondays, January 13 and February 10 by appointment.

SHINE (Serving Health Insurance Needs of Everyone) can help! Medicare health and drug plans can make changes each year: Things like cost, coverage, and what providers and pharmacies are in their networks. The SHINE (Serving the Health Insurance Needs of Everyone) Program can help you determine the best plan for you through individual meetings with a trained SHINE Counselor. To schedule an appointment with **Fred Baumert, our SHINE Counselor** (Westford resident) contact the Cameron Front Desk at 978.692.5523. Appointments are typically 45 minutes. SHINE can also assist by mail by calling: 978.946.1374.

BURIED IN TREASURE (BIT) WORKSHOP

13 weeks: January 14 - April 8 Tuesday's from 2 - 4 pm

This is a relaxed, nonjudgmental program that teaches you how to build insight, skills, and strategies to help declutter, get organized and reduce acquiring. The program addresses all clutter levels, from just a few messy areas to excessive collecting to hoarding tendencies/ disorder. Class and workbook are free.

This will be a closed group; you must register in advance. Facilitated by Gail Johnson, and Nicole Laviolette.

Registration – Nicole Laviolette, nlaviolette@westfordma.gov or 978.399.2503.



Healthy Food Resources

WHOLE FOODS/ TRADER JOE'S DISTRIBUTION

Mondays and Thursdays at 1:00 pm*

For those interested in participating in a Food Distribution Program open to all incomes of households **age 55 and older**. Numbers are given out on at 10:30 am in the order of arrival in lobby seating area. Once you receive a number, you may sign up between 12 -2 pm in order of numbers given out. The actual food distribution begins at 1 pm if volunteers have finished setting up all the perishable and non-perishable items. This is an abundant program that offers free items of your choosing. **Because the Cameron is closed on Mon., Jan., 20 & Mon., Feb. 17, the food distribution will be held on Tues., Jan. 21 & Tues. Feb. 18 respectively at 1 pm.**

WESTFORD FOOD PANTRY



The Westford Food Pantry, located on the first floor of the Cameron, is open **Wednesdays from 6–8 pm** and **Fridays from 9-11 am** www.westfordfoodpantry.org. The Westford Food Pantry has a tremendous variety of fresh, frozen and non-perishable food, as well as some personal hygiene items.

SNAP- Supplemental Nutrition Assistance Program

Could you use help with increasing food costs? Of the single adults age 60+ in Westford, 201 individuals are on SNAP. The average monthly benefit is \$219. Could you be eligible for this convenient debit card to pay for groceries? The current gross income limits are: \$2510 for one person or \$3407 for 2 people. If you have questions about applying for SNAP, see Alison, Annette, or Jen B. or go to <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>

DID YOU KNOW?

January is National Blood Donor Month - Every single day in the U.S. 36,000 units of red blood cells and 7,000 units of platelets are needed. The most requested blood type by hospitals is type O. This kind of blood can be transfused to patients of all blood types, so it's always in great demand and in very short supply. Only 7% of people in the U.S. have type O. Consider donating blood!



February is National Heart Month. February reminds us to take care of our hearts. Take steps to prevent your heart disease risk: LOWER blood pressure, reduce cholesterol and obesity, prevent or control diabetes and stop smoking. Join our gym or exercise classes to help make these life-saving changes.



February is also National Cancer Prevention Month.

Did you know that nearly 1.9 million people are diagnosed with cancer each year in the United States. Nearly half of those diagnoses are breast, prostate, lung, pancreas, or colon cancers. And yet, more than 40 percent of all cancer diagnoses can be linked to a preventable cause. Choose healthy living. . . exercise, fruits and vegetables, drink water and keep active.



Social Services and Outreach News

OUTREACH

With the New Year upon us, we have the opportunity for new beginnings and goal setting. It might be helpful to keep some famous quotes in mind. Here are a few favorites:

"The bad news is time flies; the good news is you're the pilot" - Michael Altshuler

"No matter how hard the past, you can always begin again" - Buddha

"You don't have to see the whole staircase, just take the first step" - Martin Luther King

Jen and Annette in Outreach are here to support you with your current challenges, goals and seeking solutions. We want to help you have a fulfilled 2025. Please call us at 978-399-2326.

DEMENTIA CAREGIVER SUPPORT GROUP

Joanne Fontaine RN and Lisa Sobhian LICSW have been co-facilitating a support group for many years with the Alzheimer's Association. Joanne is a Geriatric Care Manager, owner of Pro-Active Eldercare. Lisa is an Alzheimer's Specialist and is currently the Director of Dementia Services and Social Services at D'Youville Life & Wellness Community. The group will meet at Cameron on the 4th Tuesday of each month from 6-7 pm. Please call Lisa before attending your first meeting at 978-808-4246.

Community Resources

ASK THE DETECTIVE

Thursdays, January 9 and February 13 at 11 am

Detective Ian McEnaney, from the Family Services Division 2 will be here at the Cameron once a month to answer any questions you may have.

ASK THE FIRE PREVENTION OFFICER

Thursdays, January 9 and February 13 at 11 am

Ryan Monat, FF/Paramedic, Fire Prevention Officer & S.A.F.E. Officer will be here at the Cameron once a month to discuss fire safety.

SIT WITH THE STATE SENATOR STAFF MEMBER

Thursdays January 16 and February 20 at 2 - 3 pm

The Cameron is glad to offer office hours with a representative from the office of **Senator John J. Cronin**, Democrat, on the third Thursday of each month. Feel free to speak about concerns, ask questions or just introduce yourself. Senator Cronin represents Worcester & Middlesex County.

ASK THE LAWYER

Thursday, March 11 beginning at 9:30 am

One on one appointments. Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Each appt is 30 mins. Call 978.692.5523 to reserve.

VET 2 VET

Tuesdays, January 14 and February 11 at 11 am

Are you a Veteran who has questions and would like to talk to another Veteran? Just call 978.692.5523 to sign-up for a one-on-one appointment with **Terry Stader**, Westford's retired veteran's agent & Westford resident.

VETERANS SERVICES

Westford Veterans Services is available to assist with benefits and/or other needed services or information. To speak with Westford's Veteran Agent, please call 978.392.1170 or visit <http://westfordma.gov/veterans>

ASK THE REALTOR with Kathy Cunningham, Coldwell Banker

Mondays, January 13 and February 10 at 11:00 am

Call 978.692.5523 to schedule an appointment.

Housing & Independent Living Resources

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 a few 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 or Jen 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 for providing this service!

PROPERTY TAX EXEMPTIONS – Are you eligible?

The town of Westford has several property tax exemptions for senior residents: the low income, blind, disabled, veterans and more. You may be eligible for a tax break. To learn more about your options, call the Assessor's office at 978.692.5504 or call Annette/Jen at 978.399.2326.

HEAP (HOME ENERGY ASSISTANCE PROGRAM)

'Tis the season to begin thinking about heating bills! If you are concerned about your ability to pay for heat this winter, consider applying for this federal fuel assistance benefit. The Massachusetts' home energy assistance program (now called HEAP) is a free resource, offered by Community Teamwork in partnership with the Department of Housing and Community Development, to help eligible households pay a portion of winter heating bills. No matter what type of heating source you have, LIHEAP may be able to help you pay your winter heating bills. All Massachusetts residents are encouraged to explore eligibility for this free program and apply for assistance. **Income Eligibility:** Household income (gross) cannot exceed 60% of Massachusetts' estimated State Median Income. The income limits can also be found on the Community Teamwork website at <https://www.commteam.org/program/low-income-home-energy-assistance-liheap/> You can apply directly through the Community Teamwork website (same link) or through Alison, Annette, and Jen B. at the Cameron.

EMERGENCY FINANCIAL ASSISTANCE

We hear from many people each month who are struggling to afford their basic expenses as costs have increased and income has not. If you are having trouble paying your rent/mortgage or critical utilities, don't suffer in silence. There are government programs like SNAP, HEAP, and RAFT, and property tax relief that can help to alleviate some of the burden. We have the Westford Food Pantry and Cameron free food programs that help to reduce grocery expenses. There are also local charities that can help with emergency payments in the short term. The social work/outreach team is here for help with brainstorming, strategizing, and assisting with future planning to reduce costs.

Income Tax Help

Hal Schreiber will be back this year to complete your 2024 federal and state income tax returns. This is a free service, and there are no age or income limits. Please call the Senior Center at 978.692.5523 or Hal at 978-692-7906, or email Hal at halsch@verizon.net to add your name, address, phone number, and email address to the list for having your tax return prepared. You can drop off your tax information at the Senior Center or at Hal's home. If you drop off at Hal's home, call or email Hal. If you call Hal and get the answering machine, leave your name, and phone number and please speak loudly, slowly and clearly. Due to the shortage of volunteer tax preparer's, we ask if there should be an interruption in our service that you have an alternate measure to have your tax returns done.



Hal has all the federal and state tax forms that are needed to be filled out. If you use this tax return service, if our tax preparer volunteers should have an interruption in service, please have an alternate measure to have your taxes done.

New for this year

For any property tax, water usage, and stormwater bill paid on 1 Jan 2024 thru 31 Dec 2024, you must provide the date paid and the dollar amount, and you must provide the date received and dollar amount of any refund. Do not include demand fees, interest, TREAD payment, and any water department charges for non-water usage. If you do not have this information, you can get a printout from the Tax Collector and Water Department. This requirement also applies if your main home is located in Massachusetts, but not in Westford. If you do not have this information, contact your Town's Tax Collector and Water Department.

If you pay rent for your main home (only if located in Massachusetts), you must provide the dollar amount and date paid on 1 Jan 2024 thru 31 Dec 2024. Provide the name and address of the landlord.

Information Needed for Preparing Your Tax Return:

1. Your 2023 federal & state tax return if Hal did not prepare the return.
2. Form MA 1099-HC (IRS Form 1095-B if you did not receive MA 1099-HC). The health insurance information from these forms must be entered on your Massachusetts tax return.
3. Form 1095-A (you receive this form if you received the advanced health insurance premium tax credit). The IRS will reject your return if the information from this form is not entered on your federal tax return.
4. W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc
5. The amount and date of any federal and state estimated tax payments you made for 2024.
6. Car, boat, personal property excise tax bills that you paid in calendar year 2024 (do not interest charges or any fees).
7. 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).
8. 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).
9. Medical & Dental expenses: total your co-pays & deductibles for all drugs (prescription & over-the-counter), doctor, dentist, hospital visits, etc in calendar year '24. Include hearing aides, eyeglasses, etc. Add up car mileage to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health ins. premiums, long term care premiums, & Medicare premiums separately since they need to be reported separately (do not add them together). DO NOT provide bills or receipts.
10. Charitable contributions: total your cash/check/credit card contrib. that you gave in calendar year '24 to a charity/church/nonprofit/govt. You cannot deduct contrib. given to any individual person (including gofundme), political org, or election campaign (DO NOT provide receipts). For property contrib., provide in general terms (clothing, household goods, furniture, etc), what was contributed; date of contrib.; estimated fair market value of the property; and the name and address of the charity receiving the property. If you donated a car, you must provide the paperwork/form you received from the charity.

Transportation

New Service: Medical Rides to Boston and Burlington

The Cameron Center Transportation Program has received grant funding through the Executive Office of Elder Affairs to provide transportation to and from Medical Appointments Only at the Lahey Clinic in Burlington as well as Boston Medical Facilities. This is a trial program, and rides will only be available when staffing and capacity allow. This is a work in progress, so please bear with us as we hone our craft to make this a viable option for those in our community who so desperately need this assistance. In order to use this service, please call 978.399.2322 to make arrangements. We cannot guarantee that we will fulfill all requests, but will do our best.

How to Schedule a ride:

Our service is for residents of Westford 55 and older, and disabled adults of all ages. When scheduling your ride, please be prepared with your **name, phone number, home address, the address of your destination, what time you wish to arrive by, and what time you wish to return**. All of our rides are scheduled, so please allow ample time for your appointment. After gathering this information, you can call the Transportation Office at 978.399.2322 and leave the above details regarding your ride. We will call you the night before to verify all rides. Please give us as much notice as possible, with no less than AT LEAST TWO BUSINESS DAYS. We ask you to be ready 15 minutes before your scheduled pick-up time and understand that we may pick you up 15 minutes after your pick-up time. The Cameron Center Transportation Department is an extension of the Lowell Regional Transit Authority, providing Public Transportation. Due to this nature, we sometimes must bring people to their appointments well before their desired start time, and we occasionally return later than their desired return time. Thank you for understanding that this helps us to assist as many people in our community as possible. During inclement weather, if school is closed or delayed, the same will go for our Transportation program. Our regulation destinations are Westford, Acton, Carlisle, Chelmsford, Groton, Littleton, Ayer, Concord and Lowell. Trips to Boston and Burlington are by special appointment only. Transportation is provided Monday through Friday, first ride at 8:15 AM, last ride at 3:30 PM. Medical rides take precedence. All drop-offs and pick-ups are scheduled, no same day service. If for any reason you must cancel your ride, call the Transportation Office at 978-399-2322.

Big News!

The Lowell Regional Transit Authority (LRTA) has received grant funding to be able to allow their entire transit system to operate fare free until September 30th, 2025. As you may know, the Cameron Senior Center Transportation program operates in a lease agreement with the LRTA. So what does this mean to you? It means **we will be providing our transportation program free of charge until September 30th**, at which time fares may resume, depending on funding. Additionally, any part of the LRTA system may be ridden, fare free, including the Route 15 bus along the 110 corridor that connects Westford to Lowell. This opens up a world of free transportation, with connecting buses to other towns. For more information about our transportation program, visit: <https://www.westfordma.gov/1004/Transportation>

Or scan this QR code:



***Special thanks to the Friends of the Cameron for their financial sponsorship of our Men's & Women's Breakfasts / Lunches, Game Nights, Movie Nights and Dinner with Donna!**

GAME NIGHT *

Tuesdays Jan. 7 and Feb. 4 at 4:30 pm

Join us for an early evening of fun and laughter. All the games played are easy to learn. In January we will play **Yahtzee**, the dice game based on poker sequences and in February **Blank Slate**, the word matching game. The **cost is \$4.00** for refreshments and a light meal. Please sign up in advance for planning purposes at 978.692.5523.



WOMEN'S LUNCH*

Fridays at 12 pm, January 24 and February 7

January 24: Join Nina Oliver and John Kuhnle with Coldwell Banker for a Q&A session on which repair/renovation items and home additions can add value if you're considering selling in the future. Nina has a background in interior design and John's background is in construction.

Friday February 7: Join Gail Johnson, our Town Nurse from the Westford Health Department, as she makes a presentation on Fall prevention and the importance of balance. **Cost is \$5.00** Please sign up at 978.692.5523.



MEN'S BREAKFAST *

Mondays at 8 am, January 13 and February 10

Come enjoy some interesting discussion and delicious breakfast prepared by several of our favorite breakfast chefs: Marcel Lacombe, Bob Benoit, John Lasna, & Dave Anderson. The chefs will prepare eggs, sausage, bacon, and potatoes with sides that include english muffins, fresh

pastries, fruit salad, and, of course, beans! **In January, Deputy Denehy and Ryan Monat**, FF/Paramedic, Fire Prevention Officer & S.A.F.E. Officer from the Westford Fire Department to discuss common questions and things you may not know about the Fire Department. **In February, Westford Economic Development Lens** with speakers **Cheryl K. Serpe**, Westford Economic Development Committee, Chair and **Bruce Rosenberg**, Westford Economic Development Committee, Vice Chair. Suggested donation is **\$5.00**. Sign up at 978.692.5523.

MOVIE SHOWINGS *

Tuesdays, Jan. 14 & Feb. 11 at 5 pm

Join us in January for the comedy/action movie, **Thelma**. June Squibb is the lead character posing as a 93-year-old grandmother who gets scammed out of money and seeks revenge. In February we will watch **Lucky** starring Harry Stanton who portrays a 90-year-old atheist facing his own mortality. Just **\$5.00** for a movie, popcorn, refreshments and a light meal. Please call to sign up at least 3 days prior at 978.692.5523.



New Quarterly Birthday Celebrations

Friday, January 31st at 1:30 pm



Join us for our **New Quarterly Birthday Celebrations!** This will be taking the place of the monthly Birthday lunches. We will be celebrating January, February, and March birthdays. **January's Chocolate Themed Birthday Event!** Birthday celebrants will be

free and the cost for all other party attendees pay \$3.00 Thank you Rivercourt Residence for donating delicious chocolate brownies for our brownie sundaes. Fun individual and team birthday games: get ready to laugh!



ELEGANT CHEF LUNCH

Wed., January 22 at 11:30 am Vegetable Lasagna or Stuffed Chicken

Tues., February 25 at 11:30 am Short Ribs or Pasta Primavera
Enjoy lunch prepared and served by the culinary art students from Nashoba Tech's Elegant Chef program. This lunch will take place at Nashoba Tech. You will let us know your meal choice when you sign up. Space is limited, and preference to Westford Residents. Please RSVP 978-692-5523 asap, starting January 2nd Anyone on the waitlist will get first preference for the following months. **Cost will be \$15. Please pay at the Cameron at least one week prior to the lunch. Remember to bring a few dollars to Nashoba Tech as well, to tip the student servers!**

LUNCH AND LEARN

Friday, February 28 at 12 pm Join Bridges by Epoch Westford as they teach us about Proactive Brain Health. **Lunch** provided by **Bridges by Epoch** at Westford. Sign up at 978.692.5523

FISCO LUNCH

Wednesdays at 11:30 am - 2 pm

The Cameron has partnered with FISCO (Friends of Indian Senior Citizens Org.), a social work organization that aims to provide companionship, connections and compassion to Indian seniors, and others are welcome. FISCO organizes a weekly program, providing a friendly environment for social interaction along with meditation and educational sessions; followed by a hot Indian vegetarian meal. **Cost is \$3.**

Future program highlights include:

Wednesday, Jan. 22: Kriya Yoga Session

Wednesday, Feb. 12: Healthy Living for your Brain and Body by Alzheimer Association

Please rsvp on website www.thefisco.org or call the front desk at 978.692.5523 to reserve spot and lunch

RESTAURANT REVIEW

Wednesdays, Jan. 29 & Feb. 26 at 11:30 am and 12:30 pm

Due to the popularity of this program, we have split this program into two shifts, 11:30 and 12:30 arrival times. The restaurants prefer this so that they can best accommodate everyone. Van riders will be assigned the 11:30 slot. We try to have an equal number at each time slot.

In January we will go to **Fish Bones, 34 Central Square, Chelmsford**. In February we will dine at **Karma, 174 Littleton Rd, Westford**. *Please pre-register at 978-692-5523, select a time slot and please honor that time so as not to overwhelm the restaurant. If you decide not to go, please call us to cancel 5 days in advance. Bon Appétit.*



DINNER WITH DONNA with Amazing Violinist*

Tuesday, January 28 at 5 pm

Donna will be filling our senses with her chicken rice casserole with vegetables, side salad, bread and dessert. Violinist **Stefani Torode** will share her talents with us; get ready for some 50s & 60s music! Be sure to call and sign up quickly, dinner slots fill fast. 978.692.5523. **\$10** for dinner and entertainment, or **\$5** for just the entertainment.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>January 2025</h1>		<p>1</p> <p>CLOSED FOR NEW YEAR'S DAY</p> 	<p>2</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods / TJs</p>	<p>3</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting</p>
<p>6</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Latin Dance 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>7</p> <p>8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong 3:00 Tech Help 4:00 Wellfit Circuit Training 4:30 Game Night 6:00 Tai Chi / Qigong</p>	<p>8</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>9</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Ask the Detective 11:00 Ask the Fire Prev. Officer 12:00 Hand and Foot 12:45 Bone Builders 1:00 Whole Foods / TJs</p>	<p>10</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting</p>
<p>13</p> <p>8:00 Billiards 8:00 Men's Breakfast 9:30 Bone Builders 9:30 Hearing Screening 10:00 Latin Dance 11:00 Ask the Realtor 12:00 BINGO 12:00 Gentle Yoga 12:30 SHINE 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>14</p> <p>8:00 Billiards 9:00 Blood Pressure 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Vet to Vet 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong, BIT Workshop 3:00 Tech Help 4:00 Wellfit Circuit Training 5:00 Movie Night 6:00 Tai Chi / Qigong</p>	<p>15</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Acorn to Oaks 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 2:00 Visit with Chips 4:00 COA Board Meeting 6:00 Food Pantry</p>	<p>16</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Friends Board Meeting 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs 2:00 Sit w/ State Sen. Staff</p>	<p>17</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 BINGO</p>
<p>CLOSED FOR MARTIN LUTHER KING JR. DAY</p> 	<p>21</p> <p>8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio, Whole Foods / TJs 2:00 Ping Pong, BIT Workshop 2:00 Book Club 3:00 Tech Help 4:00 Wellfit Circuit Training 4:30 Health Series 5:30 MMRRC Train Club 6:00 Tai Chi / Qigong 7:30 Radio Club (PART)</p>	<p>22</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 Lunch at Elegant Chef NVTHS 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 2:30 Tech Pals 6:00 Food Pantry</p>	<p>23</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs</p>	<p>24</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Women's Lunch</p> <p style="text-align: center;">MET Opera Tomorrow at 1 pm</p>
<p>27</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Latin Dance 12:00 BINGO 12:00 Gentle Yoga 1:00 Whole Foods / TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>28</p> <p>8:00 Billiards 9:00 Mindful Movemnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong, BIT Workshop 3:00 Tech Help 4:00 Wellfit Circuit Training 5:00 Dinner with Donna w/ Violinist 6:00 Tai Chi / Qigong 6:00 Dementia Caregivers Support</p>	<p>29</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 Restaurant Review 1:30 Beginners / Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>30</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Senior Living Field Trip 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods / TJs</p>	<p>31</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Birthday Lunch CORRECTED TIME: 1:30 Birthday Celebration</p>

Cameron Center Open Mon, Wed., Thurs., Friday 8 am - 4 pm , Tuesdays 8 am - 8 pm
Library, Billiards Room, Computer Room open M, W, Th, F 8:00 am - 3:45 pm, Tuesdays 8:00 - 7:45 pm
Fitness Center open M, W, Th & F 8:00 am - 3:30 pm, Tuesday 8:00 am - 7:30 pm
Trudy's Boutique open daily from 9am - 3pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Latin Dance 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>4</p> <p>8:00 Billiards 9:00 Mindful Movement, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong, BIT Workshop 3:00 Tech Help 4:00 Wellfit Circuit Training 4:30 Game Night 6:00 Tai Chi / Qigong</p>	<p>5</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>6</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs</p>	<p>7</p> <p>8:00 Billiards 9:30 Music Makers 9:30 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Women's Lunch</p>
<p>10</p> <p>8:00 Billiards 8:00 Men's Breakfast 9:30 Hearing Screening 9:30 Bone Builders 10:00 Latin Dance 11:00 Ask the Realtor 12:00 Gentle Yoga 12:00 BINGO 12:30 SHINE 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>11</p> <p>8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:00 Blood Pressure Clinic 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Vet to Vet 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong, BIT Workshop 3:00 Tech Help 4:00 Wellfit Circuit Training 5:00 Movie Night 6:00 Tai Chi / Qigong</p>	<p>12</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 12:00 Valentine Luncheon 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 6:00 Food Pantry</p>	<p>13</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:00 Ask the Detective 11:00 Ask Fire Prev. Officer 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs</p>	<p>14</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting</p>
<p>17</p> <p>CENTER CLOSED FOR PRESIDENTS' DAY</p> 	<p>18</p> <p>8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:45 Bone Builders 1:00 Open Art Studio, Whole Foods / TJs 2:00 Ping Pong, BIT Workshop 2:00 Book Club 3:00 Tech Help 4:00 Wellfit Circuit Training 4:30 Health Series 5:30 MMRRRC Train Club 6:00 Tai Chi / Qigong 7:30 Radio Club (PART)</p>	<p>19</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 10:00 Acorn to Oaks 10:00 Visit with Chips 11:00 Intermediate Yoga 11:30 FISCO Lunch 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 4:00 COA Board Meeting 6:00 Food Pantry</p>	<p>20</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:00 Friends Board Meeting 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs 2:00 Sit w/ State Sen. Staff</p>	<p>21</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 BINGO</p>
<p>24</p> <p>8:00 Billiards 9:30 Bone Builders 10:00 Latin Dance 12:00 Gentle Yoga 12:00 BINGO 1:00 Whole Foods/TJs 2:00 Ping Pong 7:00 Toastmasters</p>	<p>25</p> <p>8:00 Billiards 9:00 Mindful Movmnt, Open Art Studio 9:15 ZUMBA 10:00 Advanced Mindful Movement 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 11:30 Lunch at Elegant Chef NVTHS 12:45 Bone Builders 1:00 Open Art Studio 2:00 Ping Pong, BIT Workshop 3:00 Tech Help 4:00 Wellfit Circuit Training 5:00 4 Pillars Retirement Health 6:00 Tai Chi / Qigong 6:00 Dementia Caregivers Spprt</p>	<p>26</p> <p>8:00 Billiards 9:00 Well Being Fitness 9:30 Bone Builders 11:00 Intermediate Yoga 11:30 FISCO Lunch 11:30 Restaurant Review 1:30 Beginners/ Inter Ping Pong 1:30 Knitting Group 2:30 Tech Pals 6:00 Food Pantry</p>	<p>27</p> <p>8:00 Billiards 9:00 Bridge 9:15 ZUMBA 10:00 Upbeats Band 10:00 Well Being Fitness 10:15 Chair Movement 10:30 Spanish Class 12:00 Hand and Foot 12:45 Bone Builders 1:00 Watercolor Class 1:00 Whole Foods/TJs</p>	<p>28</p> <p>8:00 Billiards 9:30 Music Makers 9:00 Food Pantry 9:30 Ping Pong 10:00 Sewing / Quilting 12:00 Lunch and Learn</p>
<p>Cameron Center Open Mon, Wed., Thurs., Friday 8 am - 4 pm , Tuesdays 8 am - 8 pm Library, Billiards Room, Computer Room open M, W, Th, F 8:00 am - 3:45 pm , Tuesdays 8:00 - 7:45 pm Fitness Center open M, W, Th & F 8:00 am - 3:30 pm, Tuesday 8:00 am - 7:30 pm Trudy's Boutique open daily from 9am - 3pm</p>				<p>February 2025</p>

Social and Enrichment Activities

BOOK CLUB

Tuesdays, Jan. 21 & Feb. 18 at 2:00 pm



Are you a reader who likes to talk about books? Join this wonderful group in our cozy library for hearty discussions. In January we will review the biography, **In Love: A Memoir of Love and Loss** by Amy Bloom and in February the historical fiction, **The Vanishing Half** by Brit Bennett. 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

TECHNOLOGY HELP

Tuesdays at 3 pm

Westford Academy Student Kishan Prajeesh will be taking one on one appointments on Tuesday afternoons. Please call and set up an appointment at 978.692.5523.



THE UPBEATS

Thursdays at 10 am



Are you experienced at playing an instrument? Our house band, the UPBEATS, practices each Thursday morning at 10 am. Feel free to bring your instrument, and enjoy this talented group of musicians.

SPANISH CLASS

Tuesdays and Thursdays at 10:30 am

The cost is \$3 per class. Pay directly to the instructor. Call the front desk to sign up at 978.692.5523.

MUSIC MAKERS

Fridays at 9:30 am

Come one! Come all! Come and sing with the Music Makers. We hope to welcome returning singers, as well as folks who would like to enjoy a musical morning. Tom Boyer will lead the effort. We hope to see you then.



AMATEUR RADIO CLUB The Police Amateur Radio Team (PART) of Westford meets at the Cameron on the **third Tues. each month** (except Dec.) at **7:30 pm**. Everyone is welcome to attend the meetings. Our meetings feature presentations on all aspects of amateur radio, as well as construction projects and on-the-air operating events. For more info, visit the club website at wb1gof.org or send an email to info@wb1gof.org.

WESTFORD WOMEN'S CLUB

Bringing women of all ages and interests together.

January Meeting: **Monday, January 27, 6:30 pm ZOOM Meeting**

Guest: **Scott Hyder, Hidden Battles Foundation**

February Meeting: **Monday, February 24, 6:30pm at Cameron Sr. Ctr.**

Guest: **Carla Poulos, Women's Money Matters**

For more information, contact westfordwomensclub@gmail.com

WESTFORD EXPRESSIONS TOASTMASTERS

Westford Expressions Toastmasters is a non-profit organization designed to help people of all backgrounds build confidence as speakers and leaders. They follow a structured curriculum that slowly steps members towards building their skills in a supportive, friendly atmosphere. Since it is self-paced, you can decide when you are ready to give a speech or assume a meeting role. And you will surely be invited to TableTopics to work on impromptu speaking skills. The Westford Club is a high-performing and fun club of dedicated individuals who work to make each meeting fun and enjoyable for all. Meetings are hybrid format so join remotely or in person. Guests are welcome with no obligations. Meetings are Monday, except holidays, from 7:00 PM to 8:30 PM.

Visit <https://bit.ly/WestfordExpressions> for more information.

Arts and Crafts

WATERCOLOR CLASS WITH PAULA (7 Weeks)

Thursdays starting Jan. 16 - Feb. 27 from 1-3 pm

In this class the instructor will demo various techniques such as simple layering, varied washes, using masking, splattering, glazing, color theory, and using items to produce textures or effects. All participants will be working together using the same reference photo which will be provided by the instructor. A basic knowledge of watercolor painting is preferred as this is not an "absolute beginners' class". **Cost is \$140.00 for residents and \$160.00 for non-residents.** A supply list is available at the check-in desk.



OPEN ART STUDIO

Tuesdays, 9 am - 12:30 pm and 1 pm - 3 pm



Do you have projects that you are working on, but also would enjoy some comradery with others while painting your masterpiece? If so, Open Art Studio may just be the place for you. Drop ins are welcome!

SEWING & QUILTING CLUBS

Fridays 10 am - 1 pm

Please come in and enjoy working on your quilting and sewing projects with other friendly and like-minded crafters. It's fun to see the different projects that people are working on. Pick-up or share some helpful project tips and just enjoy some creative fellowship!



KNITTING AND CROCHETING

Wednesdays, 1:30 pm - 3 pm



The Friends of the Cameron Senior Center sponsors a knitting / crochet "let's have a chat" group. Please feel free to drop by! We meet in the lobby at the senior center. If you want to learn, share a pattern, work on a project or have a cup of tea, we would love to see you!

Social Fitness Activities

PING PONG

**Mondays and Tuesdays at 2 pm, Fridays at 9:30 am
Beginner / Intermediate Ping Pong Wednesdays at 1:30 pm**

Come join our group of avid ping pong players, varying in skill from beginners to advanced. It is a fun group of people who really enjoy ping pong and one another. If you would like to play, RSVP by calling 978.692.5523 so we know how many tables to set up.



In November, Vijay Masurkar and Tom Lewis represented the Cameron in the 2024 Massachusetts State Senior Table Tennis Championships. Vijay and Tom won Gold Medals in mens doubles. In Men's Singles, Vijay also won a gold medal, and Tom received a bronze medal. They participated in the 70-74 year old age group.

Cameron's Winning Team!

2024 Mass State Sr Table Tennis Championships Gold Medalists

Congratulations Vijay and Tom!



Social Fitness Activities

BILLIARDS

The Billiards room is open every day that the Cameron is open. Come enjoy a game of pool!



Recently, our Westford Travel Eight Ball Team B won the 2024 Massachusetts Senior Northeast Division Championship! Our Cameron Eight Ball League Team: From Left to Right: Jerry Lotto, Paula Moscariello, Jerry Moscariello (Captain), Tim Butler, Bruce Hestand. Congratulations!



Thank you from the Billiards Players to Katie Russell and Chris Mitchell for ensuring the Billiard Room Set Up for their weekly tournament play as participants of the Senior Traveling Billiard League. We are very proud of our two teams that played well and our Team B making it to the semifinals. Congratulations!



Helping you through your next home transition, every step of the way.

Carrie Hines
M 978.505.1678

Nancy Allam
M 978.505.8865

carrie.hines@compass.com

nancy.allam@compass.com

COMPASS

MONARCH GROUP

Games

CARD GAMES

Come play cards at the Cameron
Hand and Foot on Thursdays at 12:00 pm—3:30 pm
Bridge on Thursdays at 9:00 am—12:30 pm
 Please register for selected card game(s) at the front desk at 978.692.5523. If there is a cancellation; we can notify you by phone.



BINGO

Every Monday at 12 pm in the multipurpose room
Fridays, Once/month: Jan. 17 and Feb 21 at 12 pm in the multipurpose room. Join us at the Cameron for some BINGO Fun! Sign up at 978.692.5523.



Travel

**DISCOVER CALIFORNIA DREAMIN':
 MONTEREY, YOSEMITE & NAPA**

April 27 – May 4, 2026

Join Collette Tours on an 8-day trip to California. 12 Meals included. Trip Highlights include A scenic 17-mile drive in Monterey, Yosemite National Park, In Sacramento you will have a choice to tour the California State Railroad Museum or the Crocker Art Museum. Take a scenic cruise on Lake Tahoe, A wine tasting and tour at a vineyard in Napa Valley. Ending your trip in San Francisco. For more information email Katie at krussell@westfordma.gov or go to gateway.gocollette.com/link/1285728



EXPLORE NORTHERN ITALY

October 9 – 17, 2025

Join Collette Tours on a 9-day trip to Northern Italy. 12 Meals included. Trip Highlights include a Tiramisu making demonstration in Treviso. A choice to go on a Verona Painted City tour or a walking tour of Verona and its waters. Murano Glass blowing Demonstration.

Venice, Asolo, Prosecco Winery Tour, The Dolomites, Bassano del Grappa, Venetian Villa Visit. For more information email Katie at krussell@westfordma.gov or go <https://gateway.gocollette.com/link/1285727>



Friends Membership Form

Friends of Cameron - Become a Member/ Gift Levels

Membership is open to people of ALL ages.

Membership year is July 1- July 1.

Membership provides discounts on certain programs during the year.

Membership: _____ Individual (\$20) _____ Family (\$30)

Additional Donation: \$ _____

Major Sponsors: Include name inscribed on plaque at the Cameron? Yes ___ No ___

___Contributor (\$100) ___Patron (\$500) ___Benefactor (\$1,000) Other \$ _____

Memorial:___(\$500) Provide Name of deceased _____

YOUR NAME _____

PHONE _____

ADDRESS _____

EMAIL _____

By Mail: Friends of Cameron, 20 Pleasant St., Westford, MA 01886

Checks payable to: *Friends of Cameron*. PayPal or Credit card:

Renew memberships/donations at www.westfordmafriendsofcameron.com



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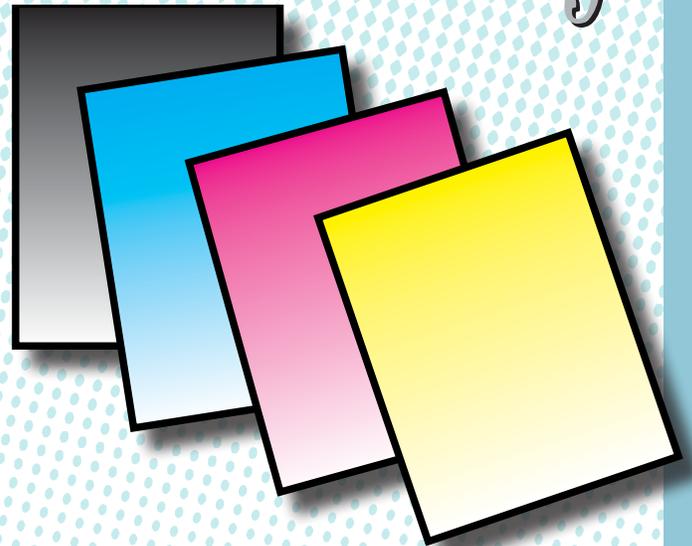
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COUNCIL ON AGING

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How to Get Your Cameron News

- If you are a Westford resident **and** age 70 or older, the Cameron monthly newsletter will automatically be mailed to you free of charge. If you prefer receiving a newsletter via email, please call us at 978.692.5523.
- 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, with "newsletter" written in the memo section of the check. Mail to: Cameron Senior Center, 20 Pleasant St, Westford, MA., 01886 or stop in.
- Westford COA Newsletter online bit.ly/CameronNews or scan QR code on right with your smart phone camera.
If you currently receive a newsletter mailed to your home and would consider accessing the newsletter on our website, via email, or picking up a copy when you visit our center, please email our newsletter editor, Karen Heitkamp at kheitkamp@westfordma.gov



SCAN ME

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Alison Christopher, LICSW / Social Worker
Annette Cerullo, LSW /Outreach Coordinator
Jen Beale, Elder Outreach
Claire France, Records Supervisor
Robert Rafferty, Transportation Dispatch
Christopher Mitchell, Maintenance Supervisor
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Edna MacNeil, Front Desk
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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 15 & February 19 at 4 pm
Friends Board January 16 & February 20 at 10 am