



# Sterling Council on Aging August 2017

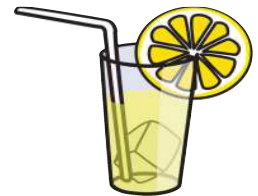
SQUEEZE OUT EVERY LAST MINUTE OF SUMMER WITH US!

ICED TEA & LEMONADE ON OUR PATIO!

CREATIVITY WITH ZUCCHINI AT OUR AUGUST 7TH COOK OFF!

SUMMER JINGO ON AUGUST 16TH!

ICE CREAM TRIP TO KIMBALL'S ON AUGUST 21ST!



GET READY FOR THE FAIR WITH OUR AUGUST 24TH SKILLET TOSS PRACTICE!

## COUNCIL ON AGING BOARD MEMBERS

**Barbara Foster—Chair**

**Liz Pape— Treasurer**

**Sue Doucette— Secretary**

**Nancy Castagna      Mary Higgins**

**Debra MacLennan      Charles Madden**

**Bob Bloom              Kevin Beaupre**

**Associate: Angela Richard**

**Sterling Senior Center PO Box 243**

**36 Muddy Pond Rd 978 422 3032**

**Director: Veronica Buckley**

**Outreach Coordinator: Nickole Boardman**

**Drivers: Pam Dell, Lou Massa, Denis Coughlin,  
Robert Protano, Gloria Rugg**

**Meal Site Manager: Melissa Cassata**

**Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.**

**Hours: Mon—Wed 8-4; Thurs 8—8; Fri 8—12:30**



# CHEVALIER

## PEST CONTROL

Professional Results At Do-It-Yourself Prices

[www.chevalierpestcontrol.com](http://www.chevalierpestcontrol.com)

**Residential • Commercial**

Eric Chevalier  
Sterling, MA

Cell: 978-660-0294  
Toll Free: 866-610-8003



Peter Watson

61 Redstone Hill, Sterling, MA  
1-978-422-3166 cell: 978-502-8847

Tree Removal, Pruning,  
Stump Grinding  
Emergency Storm Services



978.706.1038  
STERLING, MA

[FAVREAUFORESTRY.COM](http://FAVREAUFORESTRY.COM)



2 Beverly Drive, Suite 1  
Sterling, MA

978-422-6152  
[thesterlingdentist.com](http://thesterlingdentist.com)



**Interim**  
HEALTH CARE®

HOME CARE

Serving All of Worcester County

(508) 444-0270

[www.interimhealthcare.com/worcesterMA](http://www.interimhealthcare.com/worcesterMA)

BERNARD PARADIS

LEARN TO TRADE WISELY

508-471-0160

Learn Strategies & Techniques  
Excellent Opportunity for Retirees

► Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

Susanne Carpenter to place an ad today!  
[scarpenter@4LPi.com](mailto:scarpenter@4LPi.com) or (800) 477-4574 x6348



**STERLING VILLAGE**  
A PRIVATELY OWNED SKILLED NURSING & REHABILITATION CENTER

SHORT-TERM REHABILITATION • LONG-TERM CARE  
RESPIRE CARE • WOUND CARE • HOSPICE CARE



Specialty Programs include Orthopedic Rehabilitation, Respiratory Therapy & Wound Care  
Physical, Speech, Occupational and Respiratory Therapists On Site  
Private & Semi-Private Air Conditioned Rooms with Wi-Fi and Cable TV  
Customized Care Plans to Assist Residents Reach Goals and Avoid Unnecessary Hospitalizations  
Formal Dining Room, Beautiful, Secure Courtyard, Hair & Nail Services



18 Dana Hill Road Sterling, MA 01564  
978-422-5111 | [www.sterling-village.com](http://www.sterling-village.com)

We are conveniently located within minutes of Route 2, I-90 and I-290,  
seven minutes from downtown Worcester, and 25 minutes from Route 495

Village Pizza and More

Pizza, Subs,  
Syrian Pockets & More...



978-422-7166

Sun-Wed 11a-9p | Thurs-Sat 11a-10p  
239 Worcester Road, Sterling, MA  
[www.vpsterling.com](http://www.vpsterling.com)



**WE'RE HIRING**  
**AD SALES EXECUTIVES**

- Full Time Position with Benefits
- Sales Experience Preferred • Paid Training
- Overnight Travel Required • Expense Reimbursement



CONTACT US AT

[careers@4LPi.com](mailto:careers@4LPi.com) • [www.4LPi.com/careers](http://www.4LPi.com/careers)

DISCOVER THE DIFFERENCE

**BENCHMARK**  
SENIOR LIVING  
at LEOMINSTER CROSSINGS

978-537-2424

[LeominsterCrossings.com](http://LeominsterCrossings.com) • 1160 Main Street • Leominster, MA 01453



ASSISTED LIVING • MEMORY CARE



Open  
For Tours  
Daily  
9 am to  
5 pm



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4LPi.com](http://www.4LPi.com)

Sterling Council on Aging, Sterling

06-5262

## Senior Center Survey Results

Earlier this year, we sent out a survey with our monthly newsletter. Here is a synopsis of the responses.

Our respondents ranged in age from 60 to over 80; although half of the respondents were in their 70's. 73% of our respondents were female; only 27% were male. 66% of the respondents visit the senior center weekly. 11% of the respondents never visited the senior center! Work was the leading cause for not visiting. Respondents reported that they were highly satisfied with our exercise programs, newsletter, special lunches, outreach services and health services.

Respondents made the following suggestions for improvement:

More exercise such as exercise equipment, karate classes, balance programs, walking groups.

More home-cooked meals and more variety in food options, such as fresh fruit, fresh vegetables, vegetarian options, healthier breakfast choices.

Increased variety of special events including day trips to museums or to the theater, programs that feature nature related topics, historical speakers, music, art, bereavement support and sports parties.

Over half of the respondents were interested in evening events including the artist reception, cooking programs, wellness programs, insurance information including Medicare, nutrition programs and potluck dinners.

Where do we go from here? We have already begun to implement some of the suggestions and modification of our programming will be ongoing. Expect to see more surveys in the future; they may be shorter and more targeted in nature such as the last survey we completed with the exercise participants. We appreciate your suggestions - please talk to Veronica, use the suggestion box or send an email to [vbuckley@sterling-ma.gov](mailto:vbuckley@sterling-ma.gov)

If you would like to be more involved in the programming, marketing and communications, consider a position on our new program committee or marketing / communications committee. While our COA Board membership is currently complete, associate positions are available. Furthermore, anyone is invited to attend our meetings—the 2nd Thursday of each month at 5:30 pm.

Senior Spotlight will return in our September Newsletter!



# AUGUST UPCOMING EVENTS

**August 1st 9:00 am** The Dull Men's Club is inviting "exciting women" to join them for a presentation about the history of Sterling, Clinton and the Clinton Dam.

**August 2nd 11:30 am** Home-Cooked Chef's Salad \$3 donation

**August 2nd 9 am** SHINE appointments. Answers to your insurance questions.

**August 3rd 10-12** BP Clinic sponsored by Sterling EMS

**August 4th 8:30 am** Guided Meditation with Bob Stickles \$5.

**August 4th 12:30** Quarterly Lunch and Learn for Volunteers & Staff. Sign Up.

**August 5th 6:30 pm** Pitch Party sponsored by the Grange. All Are Welcome.

**August 7th 3:00 pm** Zucchini Cook Off.

**August 8th 9:30-11:30 am** Elder Keep Well Clinic

**August 9th 11:30 am** Home-Cooked Sausage Alfredo Pasta \$3 Donation

**August 10th 9am** Foot Clinic by appt. \$35 to Foot Care Nurse. Sign up please.

**August 10th 5:30 pm** COA Board Meeting

**August 11th 12:15 pm** Birthday Cake for All August Birthdays!.

**August 15th 11:00 am** Montachusett Opportunity Council Nutrition Program

**August 16th 11:30 am** Home-Cooked BBQ Lunch - Hamburgers, Hot Dogs and Corn on the Cob \$3 donation

**August 16th 12:30 pm** Summer Jingo

**August 18th 8:30 am** Guided Meditation with Bob Stickles \$5.

**August 21st 12:30 pm** Van Ice Cream Trip to Kimball's. Please sign up for van or meet us there!

**August 23rd 11:30 am** Home-Cooked Ham Salad Sandwich \$3 donation.

**August 24th 9 am** Foot Clinic by appt. \$35 to Foot Care Nurse. Sign up please.

**August 24th 12:30 pm** Book Club featuring Beach Road by James Patterson

**August 24th 12:30 pm** Matt Changelian, PT, Coffee Talk on "Senior Strong"

**August 24th 6 pm** Senior Skillet Toss Practice Session

**August 25th 7:30—9:00 am** Pancake Breakfast. Sponsored by FOSS. Plain & surprise pancakes, sausage or spiral ham, scrambled eggs, fruit cup, juices, coffee. \$3 per plate. All ages welcome

**August 30th 11:30 am** Home-Cooked Breakfast for Lunch \$3 donation

**August 31st 12:30 pm** Hiking the Appalachian Trail

# BE INFORMED

## **Zucchini Bake Off**

**August 7th at 3pm**

We are approaching that time of the summer when you cannot pay your neighbor to take your extra zucchini!!

The solution?

We will each prepare our favorite zucchini recipe to share. Taste test. Share recipes. Vote for your favorites.

Prizes will be awarded!

## **Quarterly Lunch and Learn**

**For**

**Volunteers and Staff**

**Friday August 4th**

**12:30—1:45**

Topic: Overview of Alzheimer's and Related Dementias with a Focus on Effective Communication Strategies

Guest Speaker: Denise Thomas, Program Coordinator for the Alzheimer's Association and Certified Dementia Practitioner

**The Sterling Senior Center is working on a transportation survey.**

We are interested in speaking with Sterling residents who require transportation assistance to medical appointments.

Call Veronica at 978 422 3032

## **Hiking the Appalachian Trail**

**Thursday, August 31st**

**12:30-2:00**

**Guest Speaker**

**Robert Potvin**

Robert Potvin, a 69 year young former resident of West Boylston, tells of his 2016 seven month "thru hike" of the Appalachian Trail, a 2200 mile foot path from Georgia to Maine.

He will talk about the Trail and his experiences along the way. He will share what it was like, the difficulties, the good times and the extraordinary beauty of the Trail itself. There will be slides of many of the photos he took along the way as well as time for questions and a chance to see his gear.

## **Fuel your Body for Health and Well-being**

**Tuesday August 15th 11am**

**Presented by Alex Welch**

**Clinical Dietician, MOC**

Attendance includes a free ticket for lunch (must be age 60 or older).

Invite your friends!

Sign up 24 hours in advance please!

# August Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<div>1</div> <div>8:00-4:00 Coffee</div> <div>9:00 Walking Club (cider)</div> <div>9:00 Dull Men's Club</div> <div>9:30 Line dancing</div> <div>9:30 Open coloring</div> <div>11:00 Chair pilates</div> <div>11:30 Gr.Chicken</div> <div>12:30 Game day</div>	<div>2</div> <div>8:00 - 4:00 Coffee</div> <div>9:00 SHINE APPTS</div> <div>9:30 Gentle Chair yoga</div> <div>10:00 Walking Club (SC)</div> <div>11:30 Chefs Salad</div> <div>12:30 Van shopping-trip to Walmart WB</div> <div>1:00 Wii Bowling</div>	<div>3</div> <div>8:00 - 8:00 Coffee</div> <div>9:00 Strengthening Yoga</div> <div>10:00 BP Clinic</div> <div>11:30 Roast Pork</div> <div>2:00 Mahjong</div> <div>2:30 Ukulele Club</div>	<div>4</div> <div>8:00 - 12:30 Coffee</div> <div>8:00 VSO Hours</div> <div>8:30 Guided Meditation</div> <div>9:30 Knitting and crocheting</div> <div>9:30 Pilates</div> <div>11:30 Chix Penne ala Vodka</div> <div>12:30 Lunch &amp; Learn for Volunteers &amp; Staff</div> <div>CLOSED AT 12:30</div>
<div>7</div> <div>8:00 - 4:00 Coffee</div> <div>8:30 Tai Chi</div> <div>9:30 Peer writing</div> <div>9:30—1:30 VSO Hours</div> <div>10:00 Exercise</div> <div>11:30 Honey Mustard Chix</div> <div>12:30 Zumba</div> <div>1:00 BINGO \$1 a card</div> <div>3:00 Zucchini Bake Off</div> <div>6 pm Meditation</div>	<div>8</div> <div>8:00 - 4:00 Coffee</div> <div>9:00 Dull Men's Club</div> <div>9:00 Walking Club (Cider)</div> <div>9:30 Line dancing</div> <div>9:30 Open coloring</div> <div>9:30 Elder Keep Well Clinic</div> <div>11:00 Chair pilates</div> <div>11:30 Salmon Newbury</div> <div>12:30 Game day</div>	<div>9</div> <div>8:00 - 4:00 Coffee</div> <div>9:00 Computer class</div> <div>9:30 Gentle Chair yoga</div> <div>10:00 Walking Club (SC)</div> <div>11:30 Sausage Al-fredo</div> <div>12:30 Van shopping trip to Target</div> <div>1:00 Wii Bowling</div>	<div>10</div> <div>8:00 - 8:00 Coffee</div> <div>9:00 Strengthening Yoga</div> <div>9:00 Foot Clinic</div> <div>11:30 Beef Stew</div> <div>2:00 Mahjong</div> <div>2:30 Ukulele Club</div> <div>5:30 COA Board Meeting</div>	<div>11</div> <div>8:00 - 12:30 Coffee</div> <div>8:00 VSO Hours</div> <div>9:30 Knitting and crocheting</div> <div>9:30 Pilates</div> <div>11:30 Mac &amp; Cheese</div> <div>12:15 Birthday Cake</div> <div>CLOSED AT 12:30</div>
<div>14</div> <div>8:00-4:00 Coffee</div> <div>8:30 Tai Chi</div> <div>9:30—1:30 VSO Hours</div> <div>10:00 Exercise</div> <div>11:30 BBQ Beef Burger</div> <div>12:30 Zumba</div>	<div>15</div> <div>8:00 - 4:00 Coffee</div> <div>9:00 Walking Club (Cider)</div> <div>9:30 Line dancing</div> <div>9:30 Open coloring</div> <div>11:00 Chair pilates</div> <div>11:00 MOC Nutrition</div>	<div>16</div> <div>8:00 - 4:00 Coffee</div> <div>9:30 Gentle Chair yoga</div> <div>10:00 Walking Club (SC)</div> <div>11:30 BBQ Lunch</div> <div>12:30 VSO Hours</div>	<div>17</div> <div>8:00 - 8:00 Coffee</div> <div>9:00 Strengthening Yoga</div> <div>11:30 Cold Plate Chef Salad</div> <div>2:00 Mahjong</div> <div>2:30 Ukulele Club</div>	<div>18</div> <div>8:00 - 12:30 Coffee</div> <div>8:00 VSO Hours</div> <div>8:30 Guided Meditation</div> <div>9:30 Knitting and crocheting</div> <div>9:30 Pilates</div>

1:00 BINGO \$1 a card 6 pm Meditation	11:00 MOC Nutrition 11:30 Chix Cordon Bleu 12:30 Game day	12:30 Van shopping trip to Walmart Leominster 12:30 Jingo 1:00 Wii Bowling .	11:30 Beef & Pork Pie CLOSED AT 12:30
8:00 - 4:00 Coffee 8:30 Tai Chi 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Chix & Rice 12:30 Zumba 12:30 Ice Cream Trip 1:00 BINGO \$1 a card 6 pm Meditation	22 8:00-4:00 Coffee 9:00 Walking Club (Cider) 9:30 Line dancing 930 Open coloring 11:00 Chair pilates 11:30 Beef Bolognese 12:30 Game day	23 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Ham Salad Sand. 12:30 Van shopping trip to Whitney Field 1:00 Wii Bowling	25 7:30 -9:00 Pancake Bkfst 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates CLOSED AT 12:30
8:00 - 4:00 Coffee 8:30 Tai Chi 9:30—1:30 VSO Hours 10:00 Exercise 11:30 Sw & Sour Pork 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	29 8 :00 - 4:00 Coffee 9:00 Walking Club (Cider) 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Kielbasi &Cabbage 12:30 Game day	30 8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 10:00 Walking Club (SC) 11:30 Breakfast for Lunch 12:30 Van shopping Walmart Leominster 1:00 Wii Bowling	31 8:00 - 8:00 Coffee 9:00 Foot Clinic 9:00 Strengthening Yoga 11:30Broccoli Bake 12:30 Book Club 12:00 Appalachian Trail 2:00 Mahjong 2:30 Ukulele Club
			Like Us on Facebook @ Sterling Senior Center



978.343.4411  
TheHighlandsMA.com

# YOUR CARE. YOUR CHOICE.

## Quality Skilled Care & Short-Term Therapy



978.537.0771  
LifeCareCenterOfLeominster.com

# FOOD AND TRAVEL

## We're BACK!

Look for our Senior Center coffee and baked goods table in front of the Butterick Building at the town yard sale, Saturday, Sept 16th.

## Home-cooked Wednesdays!

Please make your reservations 24 hours in advance. This helps our kitchen manager to plan for volunteers and food prep. \$3 donation requested.

## PANCAKE BREAKFAST SPONSORED BY FOSS LAST FRIDAY OF THE MONTH

**AUGUST 25TH**

**7:30—9:00 AM**

**Thank you for your support!**

## On The Road Again Trips

**Call Mary Lajoie  
978 827 4882**

September 1st-11th, 2017

Mt. Rushmore  
\$949

September 22, 2017

Cape Cod Scallop Fest  
\$61

## HAPPY TRAVELERS LIST

For the over 50 travelers-Contact Gladys Merrow at: 508-835-4312  
Cell 508-612-5312 e-mail: [happytravelers.gem@gmail.com](mailto:happytravelers.gem@gmail.com)

Per Person

Sept. 10 (Sun) – Connecticut Lighthouse Cruise (full with a wait list)

\$105.00

Sept. 30 (Sat) - Bennington, VT, the Museum, lunch at the Publyk House & the Apple Barn

\$109.00

Oct. 22 (Sun) – A Mystery Tour???? Like our spring Mystery trip this is selling very well

\$110.00

Nov. 05 (Sun) – Ivoryton Playhouse “The Game’s Afoot” (full with a wait list)

\$122.00

Dec. 1-2 (Fri & Sat) 2 day New York City & Hudson Valley -\$499.00 single per room, \$419.00 Double, \$409.00 triple

Day 1 - New York Botanical Gardens, Rockefeller Center, Radio City Music Hall Christmas Show, Buca Di Beppo for dinner, our overnight is at the Spring Hill Suites in Tarrytown, NY.

Day 2- After breakfast we have a guided tour of the Lyndhurst Mansion, after lunch on your own we visit Washington Irving’s “Sunnyside” with a guided tour.

(We purchased 85 none refundable tickets, with only 2 seats left, we will start a waitlist, at a later date if our list grows we will see if we can purchase more orchestra seats and book more hotel rooms.)

Do not hesitate to get on my waitlists, so many times I will work my way down through it before the trip because life changes, people put their names on the list months before, then when I call they have made other plans.





## The Kindness Rock Garden

“Never believe that a few caring people can’t change the world” Margaret Mead.

The children at Houghton Elementary school have been learning about kindness and sharing it around town. Rocks were painted with bright colors and cheerful saying reminding you to “Smile” or “Be Awesome”. The Senior Center became a little brighter last month when the children came to plant their colorful rocks in our gardens on both sides of our door. Check out our Kindness Rock Garden at the Senior Center and other locations around town. Hopefully this small act of kindness will put a smile on your face.

## The Pen Pal Program

For the second year, 20 seniors paired up with 4<sup>th</sup> grade students at Houghton Elementary School and became Pen Pals. Letters were exchanged between the students and the seniors on a monthly basis. The seniors were invited to meet with the Pen Pals at various school events including a State Fair and a 4<sup>th</sup> grade play. At the end of the year, the students came to the Senior Center to teach the seniors a Zentangle craft and sing a few songs. Many seniors continue to keep in touch with their Pen Pals and some even become friendly with their Pen Pal’s family.

In September we will have a new 4<sup>th</sup> grade class eager to become your pen pal. It does not take a lot of time but what the students learn from the seniors and what the seniors get out of being a small part of the younger generations’ lives is extraordinary!!! Give it a try.....YOU WILL LOVE IT! Sign up with Nickole.



## BE ACTIVE

### Senior Strong

**An 8 week Free Exercise Program**

**Sponsored by All Access PT**

**Thursdays at 1pm in September**

Come to our Coffee Talk on Thursday August 24th at 12:30 pm to meet Matt Changelian, PT, and his explanation of "Senior Strong."

Matt is an educated Exercise Physiologist and has a Doctorate Degree in Physical Therapy.

Matt will also be discussing what physical therapy can do for you and how to access physical therapy services.

### Senior Pickle Ball

**Mondays 4PM until tired!**

**Town Tennis Courts**

Pickle Ball's popularity is exploding! Find out why with Kirk and the gang!

### Senior Skillet Toss Practice Session

**Thursday August 24th**

**6pm**

We are out to make the Senior Skillet Toss the most talked about event at the Sterling Fair! Join us to practice for the event.

Hard hats optional!

Rain Date August 31st!

### Take a Look at All the Exercise Programs We Offer!

Chair Pilates \$5

Tai Chi \$5

Walking Club (free)

Mat Pilates \$5

Line Dancing \$2

Oriol Exercise (free)

Gentle Chair Yoga \$5

Zumba \$5

Senior Strong (free)

Strengthening Yoga \$5

**Which exercise class is right for you? Information available at front desk.**

## SAVE THE DATE

### Monday Meditation with Gina

**6pm at the Senior Center**

This program will be continuing as one of our Senior Center activities throughout the summer into the fall. There will be a \$5 fee starting July 31st.

### Art Workshops with Andrea Driscoll

**Beginning September 7th**

**Learn to Paint with Acrylics**

**Thursdays at 12:30**

**Andrea's artist's reception will also be on September 7th.**





1158 Main St., Holden • 508-829-4434  
100 Worcester Rd., Sterling • 978-422-0100

**Richard Mansfield, Director**

*"Serving the Community of Sterling Since 1896"*



**Your Advance Planning Information Center**



Evelyn Salmon • Tom Gibbons  
Diana Ancil

**REVERSE  
MORTGAGES**

[wachusettmortgage.com](http://wachusettmortgage.com)



**Call us for the facts:**

- Stay In Your Home
- Increase Income • Pay Off Debt
- No Monthly Payments

**(508) 835-8803**

45 Sterling Street, West Boylston  
Mass Lic.# MB2897



## THE LAW OFFICES OF MICHAEL D. GORMAN, LLC

*Specializing in: Special Needs Planning • Elder Law  
MassHealth/Medicaid Applications • Trusts • Wills*



[mike@mikegormanlaw.com](mailto:mike@mikegormanlaw.com) • [www.mikegormanlaw.com](http://www.mikegormanlaw.com) • 508-438-1198

160 Doyle Road, Holden, MA

Check us out on



REHABILITATION AND HEALTHCARE CENTER



**978-365-4537**

[www.RiverTerraceRehab.com](http://www.RiverTerraceRehab.com)

**Short Term Rehabilitation**

Deficiency Fee State Survey 2016

96% Customer Satisfaction Rate

Five of Five Star Overall Rating with Medicare

1675 Main Street, Lancaster, MA

**You're in the  
right place.**

**+ Exceptional care, here.**

UMass Memorial - Clinton Hospital provides easy access to the quality care you need to keep you doing the things you love.

- Consistently ranked among the highest in the state for patient satisfaction
- 24-hour emergency department
- Primary stroke service facility
- No or low wait times for emergency and outpatient services
- Convenient and free parking

**855-UMASS-MD (855-862-7763)**

Clinton Hospital: 978-368-3000

[www.umassmemorial.org/clintonhospital](http://www.umassmemorial.org/clintonhospital)



UMass Memorial Health Care

UMass Memorial - Clinton Hospital | UMass Memorial - HealthAlliance Hospital  
UMass Memorial - Marlborough Hospital | UMass Memorial Medical Center  
UMass Memorial Medical Group  
The Clinical Partner of UMass Medical School



**THE HILLS**

AT PAXTON VILLAGE

**Beautiful Senior Housing  
1 & 2 Bedroom Apartments**

**Rent includes:**

- Professionally Managed-Elevator Building
- Spacious Floor Plans • Smoke free building
- Maintenance Free Living
- Heat & Hot Water Included
- Community Room • Fitness Room
- Additional Storage Space
- Patio & Garden • Pet Friendly

Head of Household must be 62 years of age or older. Other household member must be at least 55 years of age.  
Our Office hours are 9 am to 3 pm Monday through Thursday.



**Call for a  
Personal  
Tour**

**Call Today:**

**508-799-3990, TDD 711**

260 Grove Street, Paxton, MA 01612

[thehillspaxtonvillage@wingatecompanies.com](mailto:thehillspaxtonvillage@wingatecompanies.com)

[www.thehillspaxtonvillage.com](http://www.thehillspaxtonvillage.com)

**THIS SPACE IS  
AVAILABLE**



**Caryn Gorczynski**

**Call for a Free Home Analysis anytime!**

**978-422-9800 • 27 Main Street, Sterling**

**[Caryn@c21cht.com](mailto:Caryn@c21cht.com)**

**[www.ilovehousehunting.com](http://www.ilovehousehunting.com)**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.4lpi.com](http://www.4lpi.com)

Sterling Council on Aging, Sterling

06-5262



Sterling Council on Aging  
36 Muddy Pond Rd  
PO Box 243  
Sterling, MA 01564-0243

PRSRT STD  
U.S. POSTAGE  
PAID  
LEOMINSTER, MA  
PERMIT NO. 17

Mailing of this newsletter made possible by a grant from the Executive Office of Elder Affairs.

---

**Dull Men's Club**

**Tuesday**

**August 1st**

**9am**

**Guest Speaker**

**Terry Ingano**



Retiring Superintendent of Clinton Schools, historical society member and author, Terry Ingano will offer a history of Sterling, Clinton and the Clinton Dam through vintage post cards.

**“Exciting women” are invited to join the dull men’s club for this program!**

**Congratulations to Ken Day and Charlotte Gildutis, celebrating 200 years of history!**

