



# **Sterling Council on Aging**

## **December 2017**

### *Happy Holidays*



**The COA Board cordially invites all seniors to the**  
**Annual Christmas Party**  
**Sunday, December 10th 1-3 pm**  
**Hot & Cold Hors D'oeuvres, Refreshments**  
**Seasonal Music by Roger Tincknell**

#### **COUNCIL ON AGING BOARD MEMBERS**

**Chair: Liz Pape**

**Vice Chair: Kevin Beaupre**

**Secretary: Sue Doucette**

**Treasurer: Bob Bloom**

**Members: Nancy Castagna, Barbara Foster,**

**Debra MacLennan and Charles Madden**

**Associate Member: Angela Richard**

**Sterling Senior Center PO Box 243**

**36 Muddy Pond Rd 978 422 3032**

**Director: Veronica Buckley**

**Outreach Coordinator: Nickole Boardman**

**Maintenance Tech: Jim Ash**

**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**

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## Senior Spotlight by Pamela Dell

I've been told when Barbara bakes for events at the Senior Center, the first thing to do is to find her cookies and steal a couple when no one is looking! Barbara learned to bake from her mother.

Barbara moved with her parents to Sterling in 1950. In 1960 she married Charles and laughed when she told me, "We then had 4 children in 5 years."

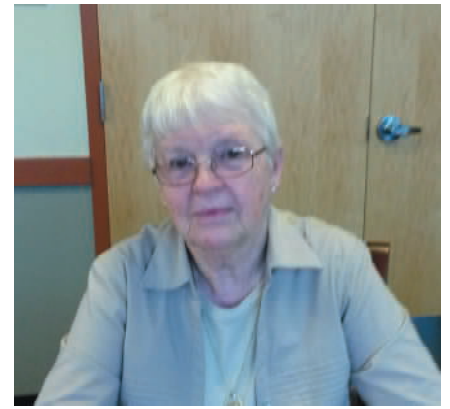
Barbara worked in the office of the Sterling schools and retired in 2000. She then worked at the Village Green Preschool for 2 more years. Barbara became one of the first 3 women in Sterling to become an EMT, joining the ambulance service. At that time all EMTs were volunteers.

Barbara and her family loved camping when the children were young, but after retirement Barbara and her husband traveled the country in their motorhome making so many new friends they would see on their travels every year.

Ten years ago, Barbara was asked to become a member of the Sterling Senior Center Council on Aging (COA). Barbara knew she wanted to volunteer and thought this was for her. Barbara has served for many years as the chairperson. Her wisdom and insight into senior issues have been appreciated by all.

Barbara is very excited with the new center and told me that as the population ages in Sterling, new seniors are coming to the center. She loves making new friends and says, "If you are newly retired and want to see what's happening, come to the center. It's wonderful".

Barbara, you are one of the reasons the Senior Center is wonderful! Thanks so much for your continued dedication.



**Barbara Foster**

### Veterans Luncheon



Rick Voutour, Sterling's VSO, with Richard Martin (left) and Robert Temple (right).

***Educational Programs***

**Dec 6th 9:30 am** SHINE by appointment only. Answer your insurance questions.

**Dec 27th 12:30** Book Club “*A Dog Named Christmas*” by Greg Kincaid

***Wellness Programs***

**Dec 1st 8:30 am** Guided Meditation with Bob Stickles Drop In \$5

**Dec 7th 10am-12 noon** BP Clinic Sponsored by Sterling EMS

**Dec 12th 9:30—11:30 am** Elder Wellness Clinic sponsored by the VNA

**Dec 14th 9:00 am** Foot Clinic by Appt. \$35 to Foot Care Nurse

**Dec 15th 8:30 am** Guided Meditation with Bob Stickles Drop In \$5

**Dec 28th 9:00 am** Foot Clinic by Appt. \$35 to Foot Care Nurse

***Special Events***

**Dec 10th 1:00-3:00 pm** Senior Center Annual Christmas Party

**Dec 11th 2:00pm** Meet & Greet Photographer Everett Heller

**Dec 12th 4:30 pm** Van Ride Viewing of Lights & Caroling

**Dec 12th 6:00 pm** Enjoy Hot Chocolate, Cookies & Song provided by the Girl Scouts!

**Dec 14th 2:30 pm** Ukulele Club Christmas Concert & Sing-a-long

**Dec 15th 8:30 am** Chocksett Senior Breakfast. Sign up by Dec 11th @ Senior Ctr.

**Dec 20th 12:30 pm** Christmas Jingo

**Dec 29th 7:30-9:00 am** Pancake Breakfast sponsored by FOSS

***Just for Fun***

**Dec 2nd 6:30 pm** Pitch Party Sponsored by The Grange. All are welcome.

**Dec 8th 12:15 pm** Birthday Cake for all December Birthdays !

***Make & Take***

**Dec 7th 1:00 pm** Christmas Card Workshop by MaryEllen Cox

**Dec 8th 12:30 pm** Holiday Centerpiece by Sterling Garden Club \$5

Sign Up required for both workshops

**HOME-COOKED MEALS  
WEDNESDAYS & THURSDAYS**

**11:30 am \$3 donation**

**Sign up at least one day in advance  
please!**

**Dec 6th** Breakfast For Lunch

**Dec 7th** Creamy Chix Noodle Soup

**Dec 13th** Beef Stew

**Dec 14th** Winter Squash Soup & Sand

**Dec 20th** Chix Pot Pie

**Dec 21st** Italian Wedding Soup

**Dec 27th** Tim's BBQ

**Dec 28th** Minestrone Soup

**INDOOR PICKLEBALL  
AT THE FIRST CHURCH**

**Mondays 4—6 pm**

**Newcomers always welcome.**



**MEDITATION SUPPORT  
&  
PRACTICE GROUP**

Join us at our new meditation meeting, sponsored by the Sterling Library and held at the Sterling Senior Center, on Monday nights from 6 p.m. to 7 p.m.

Cindy Popp-Hager, with a background in Energy Work, Reiki and Trager® Approach, and Pat Campbell of the library will work together conducting the sessions. There will be basic instruction, discussion, and of course, meditation.

It is non-faith based. No experience is necessary. Everyone is welcome!

**UKULELE CHRISTMAS CONCERT  
&  
SING-A-LONG**

**Thursday, December 14th**

**2:30 pm**

Come join us on Dec. 14th for our First Ukulele Concert. The class has been working very hard learning how to play their instruments.

Lets support them by attending their first concert and get in the Christmas spirit with a Christmas Sing-a-long!!!!



**HOLIDAY CENTERPIECE  
WORKSHOP**



**Friday,  
December 8  
12:30 pm**


Members of the Garden Club are offering a holiday centerpiece workshop - \$5 includes all supplies

**Sign ups required**

## December Activity Calendar


Monday	Tuesday	Wednesday	Thursday	Friday
<u>MOC LUNCHES</u>  Please call us at 978 422 3032 for the MOC menu. Home-cooked lunch menu on page 5.	<u>PUZZLES</u>  Do you like to spend quiet winter afternoons doing Puzzles? Did you know we have many puzzles in all sizes that you can take home?			<b>1</b>  8:00 - 12:30 Coffee 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 MOC Lunch  CLOSED 12:30
<b>4</b>  8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 MOC Lunch 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	<b>5</b>  8:00 - 4:00 Coffee 9:00 Dull Men's Club 9:30 Line dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 MOC Lunch 12:30 Game day 12-3:00 Computer Technology Class	<b>6</b>  8:00 - 4:00 Coffee 9:30 Shine Appts. 9:30 Gentle Chair yoga 11:30 Home-Cooked 12:30 Van shopping trip to Walmart W.B. 1:00 Wii Bowling	<b>7</b>  8:00 - 8:00 Coffee 8:30 Guided Meditation 9:00 Strengthening Yoga 10:00-12:00 BP Clinic 11:30 Home-Cooked 2:00 Mahjong 2:30 Ukulele Club 5:30 COA Board Meeting	<b>8</b>  8:00 - 12:30 Coffee 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 MOC Lunch 12:30 Birthday Cake  CLOSED 12:30
<b>11</b>  8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 MOC Lunch 12:30 Zumba 1:00 BINGO \$1 a card 2:00 Meet and Greet 6 pm Meditation	<b>12</b>  8:00 - 4:00 Coffee 9:30 Line dancing 9:30 Open coloring 9:30 Elder Keep Well Clinic 11:00 Chair Pilates 11:30 MOC Lunch 12:30 Game day 12-3:00 Computer Technology Class	<b>13</b>  8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Home-Cooked 12:30 Book Club 12:30 Van shopping trip to Ocean State 1:00 Wii Bowling	<b>14</b>  8:00 - 8:00 Coffee 9:00 Strengthening Yoga 9:00 Foot Clinic 11:30 Home-Cooked 2:00 Mahjong 2:30 Ukulele Concert	<b>15</b>  8:00-12:30 Coffee 8:00 VSO Hours 8:30 Chocksett Senior Breakfast 8:30 Meditation 9:30 Pilates  2pm—6pm Farmers Market



8:00 - 4:00 Coffee 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 MOC Lunch 12:30 Zumba 1:00 BINGO \$1 a card 6 pm Meditation	18	8:00 - 4:00 Coffee 9:30 Line dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 MOC Lunch 12:30 Game day 12-3:00 Computer Technology Class	19	8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Home Cooked 12:30 Van shopping trip to Walmart-Leominster 1:00 Wii Bowling	20	8:00 - 8:00 Coffee 8:30 Guided Meditation 9:00 Strengthening Yoga 11:30 Home-Cooked 2:00 Mahjong 2:30 Ukulele Club	21	8:00 - 12:30 Coffee 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 MOC Lunch CLOSED 12:30	22
<b>CLOSED</b> 	25	8:00 - 4:00 Coffee 9:30 Line dancing 9:30 Open coloring 11:00 Chair Pilates 11:30 MOC Lunch 12:30 Game day 12-3:00 pm Computer Technology Class	26	8:00 - 4:00 Coffee 9:30 Gentle Chair yoga 11:30 Home Cooked 12:30 Van shopping trip to Whitney Field 12:30 Book Club 1:00 Wii Bowling	27	8:00 - 8:00 Coffee 9:00 Foot Clinic 9:00 Strengthening Yoga 11:30 Home Cooked 2:00 Mahjong 2:30 Ukulele Club	28	7:30-9:00 am Pancake Breakfast Sponsored by Foss 8:00 VSO Hours 9:30 Pilates CLOSED 12:30	29




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**Thank you to Sean Hamilton & SMLD**

The Sterling Light Department has responded to assist in restoring power to many of the areas hit by the recent storms. Sean has been supervising crews from all across the country.

Sean will discuss the new SMLD storage battery project at the

**Dull Men's Club**

**December 5th**

**9am**

**It is Not Too Late to Sign Up for  
Fuel Assistance through the New  
England Farm Workers' Council Fuel  
Assistance Program**

**Eligibility Guidelines**

Household Size	Maximum Annual Gross Income
1	\$34,380
2	\$44,958

Call Nickole Boardman, Outreach Coordinator, at 978 422 3032.

**The Greendale Y Partnership with the  
Sterling Senior Center**

If you would like to receive a full membership to the Y at a substantially discounted rate, you need to call or stop into the Senior Center for a referral. It is that easy!

**But you must obtain the referral  
before you inquire at the Y.**

This is a pilot program offered to seniors 60 years and older.

Questions regarding this program should be addressed to Veronica.

**Save the Date!**

**Thursday January 4th 6pm**

Artists' Reception

Silk Road Art Guild

**Thursday January 11th at 2:30 pm**

Armchair Travel to Greece

First in a monthly series

**Thursday January 11th at 7 pm**

Cribbage Session 1

Sign up with Rec Dept

**Wii Bowling**

**Wednesdays at 1pm**

Our Tournament Wii Bowling Team has openings for a few players—new or experienced. Drop in and get started!

**Stay Tuned!**

We are planning an impromptu trip to **Winter Reimagined** at Tower Hill pending weather and ticket availability. Check with front desk!

**Acrylic Painting** plans for 2018 will be available at front desk in December.



## The First Church in Sterling Community Lunch Saturday December 2nd at Noon

These monthly lunches are open to all. No cost and no reservations needed. Enjoy a nice meal and good conversation with others. Lunch will be the first Saturday of each month through June at the First Church in Sterling 6 Meetinghouse Hill Road.

Van transportation available through the Senior Center.

### FOSS Pancake Breakfast

\*\*\*December 29th\*\*\*

7:30—9 am \$3 Donation No reservations!

Welcome celebrity server

Charlene Steele, Manager,

Halstead-Flanagan Insurance Agency

### Come Join Us on December 12th

4:30 pm Van Ride viewing Sterling  
Christmas Lights & Caroling

6:00 pm All invited to enjoy hot  
chocolate, cookies and song with the  
Girl Scouts. Please sign up!

### **THE HAPPY TRAVELERS TRIPS LIST— For the over 50 travelers**

Contact: Gladys Merrow 508-835-4312 cell 508-612-5312 e-mail: happytravelers.gem@gmail.com

**Gladys & Fred want to wish everyone a great Holiday Season**

**and want to thank our travelers for their great support with all our 2017 trips.**

Sun. Mar. 11, 2018 – Sunday Brunch at the Curtis House Inn and more- (60% of bus sold )

\$99.00 pp

Sun. Apr. 08, 2018 – Mystery trip (50% of bus sold)

\$122.00 pp

Sat. May 19, 2018 – “Something Rotten” at PPAC in Providence, RI with lunch at Spirito’s on Federal Hill \$145.00 pp  
(50% of bus sold)

Sun. & Mon. June 24 & 25 - A 2 day Trip to “The Hamptons” and Long Island \$409.00 double  
(90% of first bus sold)

This trip list is subject to change. Most day trip pricing includes driver & escort gratuity and cancellation waiver. The \$5.00 per person cancellation waiver is added to the cost of the day trips to cover any cancellations up to 7 days prior to the trip. The refund will be minus the cancellation waiver. If you cancel after that date the refund will only be sent if you or we can fill your seat.

This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

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**Meet-and-Greet Photographer Everett Heller****Monday 2pm December 11th**

In preparation for our upcoming Photography Workshop, the Senior Center will be providing a meet-and-greet with the workshop leader, Everett Heller, on Monday December 11th at 2pm. Everett Heller of Sterling has worked as a commercial photographer since his retirement and has been a life-long photo enthusiast. He will have some of his most recent work on display for your perusal.

The Photography Workshop is a free 8-week workshop that will be held on Mondays at 2pm beginning January 8<sup>th</sup>. If you have a camera (smart phone; point-and-shoot; mirrorless; DSLR), you are welcome to join us for this hands-on learning experience. (You should know how your camera functions.) Topics will include visualization, composition, post-processing (yes, you can post-process the images you make on your smart phone), and lighting. If time allows, we will also cover some preliminary posing techniques including how to get the most interesting photos of your grandchildren!

Please attend the meet-and-greet or stop by the Sterling Senior Center and fill out the workshop questionnaire. While this is not a closed workshop, the questionnaire will give us an idea as to the number of people we can expect and allow Everett to tailor the workshop as needed.



**Christmas  
Card  
Workshop  
December 7th  
1:00pm  
with  
Mary Ellen Cox  
Sign Up Please!**

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Printing and mailing of this newsletter made possible in part by a grant from the Executive Office of Elder Affairs.

## Snow Policy

If Wachusett Schools are closed for the day, there will be no programming (including meals program) at the Senior Center for the day.

For the winter months, the Senior Center will also follow the Wachusett School decisions regarding delayed opening and early dismissal.

## Coat Drive

The Senior Center is accepting coats for the Sheriff's Coat Drive through December 8th and the Serewicz Coat Drive through January 5th.

## Veterans Luncheon

More than 80 Sterling veterans and their guests were honored at the Senior Center recently. The dinner was sponsored by the Friends of the Sterling Seniors.



More pictures inside this issue.